George Polli De Carvalho was on hand to help out with a bite to eat as the Queensmill special school celebrated the opening of its new centre for young adults with autism. The facility in Goldhawk Road includes a gym, kitchen, classrooms and a sensory space to help people learn to interact with the world.

Head teacher Freddie Adu said the unit would enable adult and children’s services to work together.

SEE PAGE 3

London will host the closing stage of The Women’s Tour race for the first time, on Sunday June 11.

It could be you!

Only two days left to claim £1m prize from Lotto ticket sold in borough in August

BY JACK DIXON
jack@londonweeklynews.co.uk

An unsuspecting mystery millionaire from Hammersmith and Fulham is sitting on a seven-figure jackpot – with only two days left to cash in the winning ticket.

National Lottery chiefs have launched a last-minute search in a bid to track down the borough’s secret millionaire before time runs out.

No-one has yet come forward to claim the £1 million prize from the Lotto Medal Draw, inspired by Team GB’s sporting heroics in Rio de Janeiro last year.

The draw took place in August and the ticket is due to expire at midnight on Thursday – with one unlucky winner set to miss out on the life-changing sum.

Lottery bosses have been searching for several months and the golden ticket has been traced to Hammersmith and Fulham. But they are now in a race against time to locate the winner before the end of the 180-day time limit.

Andy Carter, senior winners’ adviser at the National Lottery, said: “We’re eager to find Hammersmith and Fulham’s mystery ticket-holder and unite them with their winnings. This amazing prize could really make a huge difference to somebody’s life.”

The draw picked out an extra 27 millionaire winners to match the number of gold medals won by Team GB in Rio.

There are five missing millionaires across the country, with unclaimed tickets also in Kingston upon Hull, Falkirk, Merthyr Tydfil and South Lanarkshire. Lottery chiefs believe some of the players may have been unaware of the bonus awards and only noticed the usual 21 raffle prizes when they bought their ticket. They are now urging players to “check and re-check” their tickets in an effort to track down the winners.

Local sailors have even taken to the Thames to help find the golden ticket.

Members of the London Corinthian Sailing Club in Hammersmith joined the bid to find the mystery millionaire.

The hidden millionaire must come forward with their ticket before the clock ticks past midnight on Thursday.

If no-one claims the prize, the money will be put towards National Lottery community projects across the country.

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Daltrey hopes charity gigs will make sure the kids are alright

I HOPE I die before I get old. That will always be Roger Daltrey’s most memorable line. But with The Who classics still ringing in his ears, the 72-year-old has now turned his attention towards saving lives rather than ending them.

The iconic frontman, who famously captured the spirit of his generation in that era-defining track, is putting the music to good use and making sure sick children enjoy the best years of their lives.

As the Teenage Cancer Trust’s honorary patron, Daltrey now runs a CBE, of course – has been the driving force behind almost 20 years of blockbuster fundraisers at the Royal Albert Hall in Kensington.

The money-spinning gigs have generated millions of pounds to help young people living with cancer, with Daltrey calling in favours from some of the biggest names in rock and comedy over the years.

But it will be an extra-special outing for the band in 2017 as The Who mark 100 nights of Teenage Cancer Trust shows with a one-off acoustic rendition of their classic rock opera Tommy.

A select audience will have the chance to experience the album in its entirety for the first time in almost 30 years.

“We’ve come a long way since the first fundraiser back in 2000 and I’m every bit as passionate about the work of the Teenage Cancer Trust as I was back then,” says Daltrey, who will front the band over two nights in March and April.

“There have been some incredible moments over the years – and playing Tommy, an album that we haven’t performed in full since 1969, will be a really special way to celebrate the 100th show at the Royal Albert Hall.”

Daltrey, who was born at Hammersmith Hospital and grew up in West London, has been a champion for the cancer cause for many years. Along with his work for the trust, he’s also popped across the Pond to set up a new charity in the United States – Teen Cancer America.

I see the very first TC T show at the Royal Albert Hall in 1982 raised millions and millions for the trust thanks to Daltrey’s graft – but the mission is far from over, with seven people aged 13 to 24 facing a diagnosis every day.

The charity needs to hit the £20-million-a-year mark by 2020 to be certain that every young person in the UK can access its specialist cancer care.

“These shows are all about raising money to support young people with cancer so they don’t have to face treatment alone,” says Daltrey.

“Teenage Cancer Trust is there for them before, during and after the treatment and makes sure they are young people first, cancer patients second.”

The Who will perform for the Teenage Cancer Trust at the Royal Albert Hall on March 30 and April 1.
help shape the staff association’s future discussions with the new Met commissioner and the mayor’s office over Tasers, firearms and both officer and public safety.

Mr Marsh said: “We live in dangerous and unpredictable times.

“London is a major world capital and our members are tasked with keeping the millions who live here and tourists who flock to visit the city safe and secure.

“It is more important than ever that Metropolitan Police officers have the right equipment to keep themselves, their colleagues and the public safe.

“And that we have the right number of officers with that equipment available when they are required.

“We often hear people talk about what police officers want and we can now say with some certainty that our members feel that more Met Police officers should be carrying a Taser on London streets. We can also say that we know their views on the prospect of being armed.

“When police officers carry a Taser or gun, there is a huge responsibility – not to mention cost and specific training and welfare packages for officers concerned – so we need to start to have discussions about what our members are asking for with a new commissioner and the mayor of London.”

“The survey also revealed that 43 per cent of cops believe there “should be more specialist firearms officers in the Metropolitan Police Service but not all of them should be routinely armed.”

Twenty six per cent said that they believe all police officers should be routinely armed.

But 12 per cent of officers said resigning from the MPS rather than accept an order to routinely carry a firearm while on duty.

And eight per cent said that police officers in the Met should carry guns!

Do you believe that now all police officers in the Met should carry guns? Have your say – email jack@londonweeklynews.co.uk.

ONE of the UK’s leading illustrators gave an inspirational talk to students at DLD College London, giving them the motivation to pursue their creative dreams.

Sarah J Coleman visited the Westminster Bridge-based college to hold a talk about creativity and to share a film she has devised – Stupid Enough – on the subject.

The Creative Arts Faculty at DLD hosted the event so the students would have the chance to learn from the internationally renowned illustrator and typographer.

Sarah has illustrated almost 400 book covers, including the special anniversary edition of Harper Lee’s To Kill a Mockingbird. She has also designed a number of commercial projects, including a 150ft display in Times Square, New York, an updated Coca-Cola can design, Easter eggs and even the cover of Playboy which had to pass the approval of Hugh Hefner.

During the speech, she discussed her life and work.

She then showed the film based around a series of interviews with creative individuals such as composers, artists and fashion designers who have learned to be “stupid enough” to take risks in order to make a successful commercial career out of their creative passions.

Marble Arch set to become Moeble Arch

The next station is Moeble Arch, change here for song and dance!

Westminster City Council has given the go-ahead for a pop-up theatre at Marble Arch, a former West End show.

The council has approved proposals for part of the Marble Arch Island to be used as a 650-seat temporary theatre from April 7 to December 6.

“Tired of queues and swarms of people, I was ecstatic to learn the next big thing is opening in the West End,” said Walton, who is looking forward to the opening.

The plans were submitted by Underbelly, who have a track record of producing successful pop-up productions across the UK and will be working in partnership with the council to restore the former West End show.

At his first committee as chairman, Westminster City Council senior planning chairman Richard Beddoe welcomed the proposal.

He said: “The council is committed to bringing exciting events like this to Westminster.

“Five Guys Named Moe” will be a huge draw for the area, generating a terrific atmosphere and giving local businesses a boost.

“Underbelly have been creating spectacular entertainment for the streets of our city for several years and we’re delighted to welcome them to Marble Arch for Five Guys Named Moe.”

Charity’s £165k grant

A WESTMINSTER charity looking to change the lives of refugees who face extreme poverty and homelessness while seeking asylum has received a £165,000 grant towards its Asylum Crisis Project.

The City of London Corporation’s charitable funder, City Bridge Trust, has given the cash to Refugee Action to help impoverished asylum seekers across London.

The project aims to prevent vulnerable individuals and families from living on the streets by offering support with the process of seeking asylum.

Working with organisations supporting refugees and asylum seekers, the project co-ordinator and 10 volunteers will run outreach drop-in sessions offering advice.

Established in 1981, Refugee Action has become one of the leading national charities working to enable refugees and asylum seekers to build new lives.

Refugee Action believes that the pressure on local authorities to absorb £2.6bn of legal-aid budgets for most immigration cases means that vulnerable people are being refused support, with few other options for help.

David Farnsworth, the City of London Corporation’s director of City Bridge Trust, said: “The project co-ordinator of Asylum Crisis and a team of highly skilled volunteers, some of whom are refugees, will assess refused asylum seekers’ support entitlements, apply for support, and appeal against unlawful refusals of support.

“The most vulnerable people will be prioritised, including those with mental and physical health conditions, families, lone parents, and those facing domestic-violence survivors.”

Gun-carrying is set to become the norm for Metropolitan Police officers

Picture: Adam Guy/SWNS

Leading illustrator inspires youngsters

ONE of the UK’s leading illustrators gave an inspirational talk to students at DLD College London, giving them the motivation to pursue their creative dreams.

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Runners can get in training for free

LOCAL leisure centres are offering a free one-month membership to anyone running the Vitality Westminster Mile (May 28) or the London Marathon (April 23).

Runners will receive a free one-month membership to any of the Westminster Everyone Active centres including Jubilee Sports Centre, Little Venice Sports Centre, Porchester Centre, Marshall Street Leisure Centre, Paddington Recreation Ground, Queen Mother Sports Centre and Seymour Leisure Centre. This includes free access to the centre including the gym, swimming pools and running tracks. All that runners need to do is to go to their centre of choice and present their race registration to be eligible.

“Everyone Active has all the facilities you need to train for your race, whether that’s the fun-filled and family friendly Westminster Mile or the iconic London Marathon,” said Duncan Cogger, Everyone Active contract manager.

“Both races are local to our centres and we want to encourage runners taking part to use our facilities, whether that’s hitting the treadmill, strength training or pounding the track at Paddington Recreation Ground. Our Everyone Active PTs are also there to give runners advice on the best exercises to complement their training.”

Cllr David Harvey, Westminster council’s cabinet member for environment, sports and community, said: “The Vitality Westminster Mile is a fantastic way for the whole family to take part in an international race. After a fantastic event last year, we’re all looking forward to seeing some of the world’s best runners return.

“I know the race will help inspire many people to make healthy choices around being active, choices that can continue long after the race.”

For more details, visit everyoneactive.com.
BY GEOFF BAKER
geoff@londonweeklynews.co.uk

WESTMINSTER councillors are in uproar over a claimed £30 million ‘shortfall’ in planning fees for the conversion of the former War Office in Whitehall to a luxury hotel.

The vast Grade II listed Edwardian building, where Winston Churchill once worked and whose 1,100 rooms are linked by more than two miles of corridors, was sold by the Ministry of Defence for £350 million in 2014 in a bid to cut costs.

Last week Westminster City Council gave the go-ahead for the building to be transformed into a five-star hotel but Labour councillors say planning chiefs should have charged developers much more for the conversion.

The new chairman of the council’s planning committee, Cllr Richard Beddoe, has come under attack from Labour rivals “letting off developers and selling the community short”.

“So much for the new borough as Westminster council continues to accept cheques instead of affordable housing,” said Cllr Paul Dimoldenberg.

“When Robert Davis was moved from his 17-year chairmanship of the planning committee on Westminster City Council, residents hoped the ‘new broom’ Richard Beddoe would firmly insist the local community got a better share out of the development boom.

“Indeed, new council leader Nickie Aiken told the London Evening Standard that she would do things differently by no longer accepting ‘cheques’ from developers in lieu of building affordable homes.

“But decisions at Cllr Beddoe’s first planning committee on February 14 show the Conservative council still compulsively letting developers off and selling the community short.

“The old War Office in Whitehall got permission to convert to a luxury hotel and 88 luxury flats in a scheme said to cost £1 billion. Under council planning policies the developer should have paid at least £40 million in lieu of providing on-site affordable housing but only £10 million will be paid.

“A separate scheme on Hanover Square saw Cllr Beddoe lead the committee in accepting a £9.5 million contribution when the council’s own assessors said the developers could afford £12 million. He then agreed to allow £2 million to be taken off the affordable-housing sum and spent improving Hanover Square, which had no justification in planning policy.”

Cllr David Boddroyd, the Labour member of the planning committee who opposed both decisions, said: “The housing crisis is getting worse and families in Westminster are being forced out, so I was looking forward to a new chairman fighting their corner. What a disappointment.

“I don’t know how Cllr Beddoe can justify siphoning off £2 million to improve Hanover Square when the developer has also to pay £2.5 million Community Infrastructure Levy which could be used for exactly that.

“All these million-pound sums may sound generous but land and building costs are expensive – the official cost of a new affordable home in the middle of Westminster is £400,000.”

Commenting on passing plans for the War Office conversion, a council spokesman said: “The council granted planning permission for the development, the Hanover Square Planning Appeal, in 2014 in a bid to cut costs.

“The former headquarters of the Bishopsgate Institute at the junction of Horse Guards Avenue and Whitehall, has a rich history, with many famous figures to work there. Planning permission is also dependent on the new hotel offering a historically and structurally significant part of the building at least 10 days each year.

“Plans for the development include the construction of a double-height basement and three new floors to accommodate five-star facilities for the hotel’s guests. The proposals also include the creation of 88 new flats as well as a £10 million donation to the affordable-housing pot.”

Cllr Beddoe said: “This exciting development brings another iconic hotel to the heart of London, boosting our economy and further cementing our position as a world-class destination for tourists.

“These plans give this building a new purpose while respecting its place in history. The War Office has played a pivotal role in our country’s past. Ensuring members of the public had opportunity to visit and experience this iconic building first hand was a key consideration in our decision.

“Creating a self-employed tradespeople, making good money from Pimlico Plumbers, are not crying ‘exploitation’ but are worried that the good times might be coming to an end.

“It would seem quite a few self-employed tradesmen want to join Pimlico Plumbers and take on the perks such as the 24/7 staff gym, subsidised canteen and, of course, the opportunity to tap into the huge number of customers’ jobs that we get in and are more than decent income they can generate.

“Who are we to argue? We have never been busier and have been swamped by a massive increase in inquiries.

“As to the claims that HMRC are being short-changed, well, if you do the maths, which I’m sure they have done, you’d find that 20 per cent of the £800,000 that my tradespeople earn is far better for the taxman than a marginal 24 per cent, £8,000 on PAYE that the same tradesman would be paying if they were taking home £40,000 per annum as an employee.”

Mr Taylor quoted the Chancellor when he said that the rise in the ranks of the self-employed had impacted on the tax take of the Exchequer. Despite the seeming logic above, this could be true but only if the alternative to self-employment was not being paid as an employee.

The biggest problem here is the assumption that business owners, like Pimlico Plumbers, who pay self-employed tradespeople in this way, are short-changing HMRC with their tax returns. It is far more likely that self-employed tradespeople are so busy due to unemployment, and the real counterfactual for the Exchequer was paying an underemployed person a benefit.

So yes, it’s complicated, and looking at his comments and track record I’m certain that Matthew Taylor completely gets it and is not going to be dragged into the populist and trade-union-inspired dogma that self-employment is only used by companies intent on screwing those doing the work, and ripping off HMRC.

I think there is a genuine place for the self-employed tradesperson in the 21st-century UK economy, and I would very much like to add my input from 40 years in the plumbing industry to Matthew Taylor’s very timely review.

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Struggle to save library
is thrown into confusion

BY GEOFF BAKER
geoff@londonweeklynews.co.uk

TUESDAY FEBRUARY 21 2017

THE struggle to save North Kensington Library for the community has been thrown into confusion.

Last week campaigners hoping to keep the 166-year-old library for community use were thrilled to learn that they may yet save it, if they could find the cash to lease it.

In a new twist, Kensington and Chelsea council agreed that it can be listed as an asset of community value.

That means that the Friends of North Kensington Library, the protest group leading the campaign against the council plan to replace the Ladbroke Grove library with a new one 50 yards away in Lancaster Road, could technically take it on as an asset.

The council plans to build the new library and then lease the original Victorian building to Notting Hill Prep School for a rent of £365,000 a year for 25 years.

Campaigners want the existing library to be kept for use by the community and not leased to the £1,000-a-term private school.

A CONVICTED murderer’s girlfriend who conspired to access a top-secret criminal database in a bid to help her partner’s appeal has been jailed for five years.

Lydia Lauro, 33, and Cheremeh, 36, had worked together to find evidence that could support the appeal but detectives unravelled the conspiracy and arrested the pair in May 2011. In July, both were convicted of conspiracy to commit misconduct in a public office. They were jailed for five years last week.

Det Supt Tom Whorwood worked on the case as part of the Met’s directorate of professional standards.

He said: “This was a well-planned conspiracy to access highly confidential and sensitive information, which would have been of huge benefit to dangerous convicted criminals.

“The public has the right to expect that personal information that police hold will be kept secure and those who try to compromise this integrity will be vigorously pursed.”

Lauro, of Earl’s Court, and Cheremeh, of Clapham, had been working for the Met as civilian detention officers in the custody suite at Hammersmith police station when they began accessing the intelligence system.

Lauro hoped to identify a witness who had anonymously given evidence in her partner’s trial and she persuaded Cheremeh, a former police community support officer, to help her. Audits of the system later showed that Cheremeh had made several unauthorised attempts to trace the protected witness.

But officers became aware of the conspiracy and the Met’s anti-corruption squad launched an investigation.

The duo were later arrested and resigned from the force. On February 10 the pair were each sentenced to five years in prison.

Det Supt Whorwood said: “There is no place in the Met for those who behave corruptly and it is our job to take action on behalf of the thousands of brave men and women who work so hard to keep London safe every day.”

De St Aubin and Ross remain in prison for the murder of Mr Austin-Bruce.

The 20-year-old, who lived in Fulham Court, was shot in a car park near Wandsworth in May 2009.

Westfield ‘bucking trend’ with 7% increase in customers

WESTFIELD UK has reported a seven per cent increase in the number of shoppers passing through its doors in the last year.

More than five million customers visited the centres in White City and Stratford between January 2016 and last month.

Mfay Ryan, Westfield UK’s chief marketing officer, said the centre was bucking the trend.

She said: “Our strategy has been to create true destinations in London offering the best in retail, food and entertainment that is proving popular.”

LONDON WEEKLY NEWS

Shepherd’s Bush Housing Group scooped a top prize at the West London Business Awards. The housing provider was named community investment business of the year as judges praised its efforts to boost the supply of low-cost homes. Members of the team are pictured with television presenter Konnie Huq, who handed out the awards at Wembley Stadium.

Jail for killer’s girlfriend who conspired to access top-secret criminal database

Developers warned after firm is fined over advert

DEVELOPERS have been warned about illegal advertising in Kensington and Chelsea after a building company was fined £600 having admitted at Westminster Magistrates’ Court to the display of an unauthorised advertisement on a hoarding in a Notting Hill conservation area.

The court heard that officers from Kensington and Chelsea’s planning enforcement team had visited 22 Pembroke Crescent, where a large advert for Kenham Building Ltd was being displayed while the company was carrying out building works for the homeowners.

“It is a criminal offence for a developer to display more than one unauthorised advertisement on a building-site hoarding in a conservation area, unless it first receives consent from the local council,” said aokesman for the royal borough.

“Furthermore, if only one ad is on display, it must relate to the building company carrying out the works and be no greater than two metres square in area.”

In January 2016 the company was warned in writing by the council’s planning enforcement team that its advertisement was too large and must be removed, or face prosecution. When the advertisement was not removed, legal proceedings began.

The court heard that Kenham Building Ltd had no previous convictions, Magistrates gave the company credit for its early guilty plea before fining it £600 for the offence and ordering it to pay costs of £500. It is also required to pay a victim surcharge of £60.
If there is one thing that London does better than any other city on Earth, it is providing a warm welcome to all its visitors. Regardless of creed or colour, race or religion, the capital is a home from home for everyone.

In recent weeks, however, the question of who we let into our city has reared its head once again – most notably, with the uproar over President Trump’s controversial travel ban preventing nationals from seven Muslim-majority countries entering the US for a temporary period.

Such is the level of scorn for the policy, more than 1.8 million people have signed a petition calling for Mr Trump’s state visit to London to be scrapped.

We free-thinking Brits, the argument goes, will not be seen to roll out the red carpet for a demagogue espousing discriminatory views that conflict so completely with our own. No matter how important our ‘special relationship’ with the US may be.

But taking this approach, we risk missing an opportunity that few other nations around the world may have.

As the closest allies to our American neighbours, we may be the only player on the world stage that can lay a hand on President Trump’s shoulder and exert some genuine influence.

It would be a foolish error to sever ties at this crucial moment, when we need our political leaders to master the art of diplomacy more than ever.

Writing in the London Weekly News today, Conservative MEP Syed Kamall is right to say that “two wrong bans will not make things right”.

We should exercise caution before surrendering what little authority we still have. Those nations left out in the cold by President Trump’s edict will be looking to us.

**Flashback to last month as protesters turn out in force in London following Donald Trump being inaugurated at US President**

**Syed Kamall, Conservative MEP**

**Funerals will cost 13 per cent of salary**

RECENT figures have shown that 20 million people in the UK don’t know how they will afford their own funeral – and the capital is no better, with only 21 per cent of people in London having some sort of cover in place. The fact is that over the next 10 years Londoners may have to fork out 13 per cent of their salary to pay for their funeral – this makes for some alarming reading.

To put this into context, ‘fuel poor’ households are defined as those who spend more than 10 per cent of their income on maintaining an adequate standard of warmth (according to Energy UK) – with this definition in mind, all Londoners could be ‘funeral poor’ within the next 10 years.

In this country, we tend to shy away from talking about death and often view talking about money as a taboo. Having children myself, I know broaching preparation for the consequences and will not make America great again in the eyes of its allies.

Let us express our concern that they will not strengthen but only weaken our transatlantic relationship.

And let us remember that friends are more likely to pay attention to friendly words of reason, than raised voices of anger.

I believe we should welcome President Trump to London – but take it as an opportunity to show him a better city than he imagines and a better way than the one he has started on.

Syed Kamall, Conservative MEP for London
the subject of what happens when I die is a difficult, uncomfortable and potentially frightening topic – and I know I am not alone in this.

However, I believe one of the best ways to combat these worrying statistics is to open up the conversation around dying and funerals. Whether it’s choosing a time when the family is all together, talking to loved ones one-on-one, or relating the conversation to a celebrity death, it is important to address death as a part of life.

We need to get over our hang-ups when talking about dying and money, especially as the majority of people do not have anything put aside to cover the cost of their funeral.

In some cases the ramifications of covering these costs push hard-working people into debt. Recent research has shown that 17 per cent of people in London have gone into some form of debt when paying for the funeral of a friend or family member – be it payday loans or reluctantly having to use a credit card.

If you haven’t had the conversation, or put anything aside, you risk leaving your family in a financial hole when you die.

As someone who works in the insurance industry, I have seen first-hand how often people’s loved ones are left in the lurch when trying to come up with the funds to cover exceptionally high funeral costs.

I have also seen how concerned people are once they realise how much a funeral can cost, and that their families might have to pick up the bill if they don’t make provisions.

Britons receive little to no help from the government, with funeral payments only being supplied to those who receive specific state benefits and who meet specific criteria.

Without being able to rely on the government, communication is crucial. Death is one of the only certainties in life, and the cost of funerals is only set to rise – now is the time to talk to your family about how to prepare for the inevitable.

Dave Sutherland, Nelson Financial Services managing director

Concerns over plans for library

I’m writing regarding my concerns about the change of use of the purpose-built library on Ladbroke Grove. I grew up in the area and learnt to read in this library. My children now use and love this library.

I love this library. My children now use and learnt to read in this library. When I was unemployed back in the 1990s before I had access to a computer, I was able to find a job using the library’s online facility.

So you can see, from a personal perspective, this building is incredibly important. From a social perspective there must be hundreds, maybe thousands, who feel the same.

Since the emergence of the private schools on Lancaster Road there has been a dramatic increase in traffic during the school run as families who do not walk to school deliver their children. Most of the children who go to my children’s school live locally and walk.

I’m fed up with being nearly run over by 4x4s racing around in the morning. But this is not just about private versus public, haves and have-nots. The library is there for everyone – regardless of their background, race or religion.

It is a beacon of light and hope in these dark times of misinformation and alternative facts.

As Doris Lessing wrote: “With a library you are free, not confined by temporary political climates. It is the most democratic of institutions because no-one – but no-one at all – can tell you what to read and when and how.”

Tom Balogh

Council welcomes housing proposals

WESTMINSTER City Council welcomes the government’s Housing White Paper as we share the ambition to deliver more homes of all types as the bedrock of successful neighbourhoods and a strong community.

Whether buying or renting, we have made it a renewed priority, with a particular focus on seeing what can be done to provide truly affordable family homes.

We recognise the unique challenge of doing so in the heart of London, which has some of the highest land values and development costs in the country and a limited supply of brownfield land. Our growing global city presents a raft of challenges and competing priorities in creating an attractive and sustainable environment that our residents, workers, visitors and businesses can all enjoy and thrive in. We also know there can’t be one-size-fits-all solution.

That’s why we welcome, in particular, the invitation to councils to come forward with plans for additional housing delivery, with greater flexibilities in areas such as the Starter Home product. We particularly welcome the potential for lifting the Housing Revenue Account borrowing caps and other flexibilities which could enable us to do more on our own land and elsewhere.

As the country’s largest planning authority, we have been pushing for an increase in planning fees so that we can recover our own costs and invest in the service, and the 20 per cent increase from July will benefit all.

Areas where we will look to have further discussions with the government include seeking to ensure that changes to national planning policy or monitoring of delivery allow sufficient flexibility to address our unique local circumstances. We’d also want any reform of the Community Infrastructure Levy to not further complicate an already complex system or limit local authorities’ ability to raise resources for much-needed infrastructure.

We now look forward to responding in detail to the government’s White Paper and working with them, the mayor, other councils, developers and, most importantly, our community to quickly bring forward innovative and practical solutions to deliver more homes to deliver in Westminster.

Cllr Rachael Robathan Westminster City Council cabinet member for housing

Borough failed on rogue landlords

HAMMERSMITH and Fulham council has failed to use its existing legal powers to tackle rogue landlords. Instead it is bringing in a licensing scheme – with a charge of £500 that will be passed on to tenants and thus be a tenants’ tax.

The selective licensing scheme for private-sector landlords originally included some 172 streets, allegedly chosen because antisocial behaviour in those streets was “attributable to occupiers of privately rented properties”. It later emerged many of the 172 streets had simply been chosen because they included pubs with high crime levels – rather than the crime being anything to do with rental properties.

The scheme is already in meltdown, and there isn’t any evidence the remaining streets have high levels of crime caused by rental properties. Homeowners will also be penalised unfairly in those streets with the stigma of being included on the blacklist.

Cllr Harry Phibbs, Conservative, Ravenscourt Park ward

HEATHROW EXPANSION PROPOSAL

Have your say

The government has announced Heathrow as its preferred scheme for a new runway in the southeast and is holding a public consultation over the next four months.

There’ll be events around Heathrow where you can come along to share your views, ask questions and learn about the package of measures to support local communities.

Come and talk to us, we’re here to listen.

Have your say, visit www.gov.uk/dfi/heathrow-airport-expansion

Find an event near you

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CUTS to health- and social-care budgets are to blame for 30,000 extra deaths in England and Wales during 2015, according to a new study by the London School of Hygiene & Tropical Medicine.

The extra deaths, representing the largest increase in mortality in the post-war period and including a large spike in January 2015, were largely in the elderly who are most dependent on health and social care.

Social-care budgets have been slashed by 17 per cent at a time when the population of old and frail pensioners over 85 increased by nine per cent.

And to prevent these extra deaths, a further £1 billion was needed.

Researchers looked at why there had been a substantial increase in death rates that year and said a meltdown in the NHS was the root cause.

The analysis by the London School of Hygiene & Tropical Medicine, University of Oxford and Blackburn with Darwen Council ruled out data errors, cold weather and flu as main causes for the spike.

Instead, missed NHS targets including ambulance call-out times and casualty waiting times was the cause despite exceptional A&E admissions compared to the same month in previous years.

Understaffing and absence rates also rose.

Professor Martin McKee – from the London School of Hygiene & Tropical Medicine, in Keppel Street, Bloomsbury – said: “The impact of cuts resulting from the imposition of austerity on the NHS has been profound.

“Expenditure has failed to keep pace with demand and the situation has been exacerbated by dramatic reductions in the welfare budget of £36.7 billion and in social-care spending.

“With an ageing population, the NHS is ever more dependent on a well-functioning social-care system.

“Yet social care has also faced severe cuts, with a 17 per cent decrease in spending for older people since 2009, while the number of people aged 85 years and over has increased by nine per cent.

“To maintain current levels of social care would require an extra £11 billion, which the government has refused.

“The possibility that the cuts to health and social care are implicated in almost 30,000 excess deaths is one that needs further exploration.

“Given the relentless nature of the cuts, and potential link to rising mortality, we ask why is the search for a cause not being pursued with more urgency?”

“Simply reorganising and consolidating existing urgent-care systems or raising the ‘agility’ of the current A&E workforce capacity is unlikely to be sufficient to meet the challenges that high levels of admissions of frail, elderly people and others who are vulnerable are likely to present this winter and in future winters.”

The researchers said there are already worrying signs of an increase in mortality in 2016 which will continue unless urgent action to reverse the cuts are not made.

Without urgent intervention, they say, there must be concern that this trend will continue.

The study was published in the Journal Of The Royal Society Of Medicine.

KENSINGTON and Chelsea’s vital volunteer library staff have been praised by the mayor of the royal borough and honoured with a special reception.

The work of library volunteers, who range in age from 14 to 77, was celebrated at a reception hosted by the mayor, Cllr Elizabeth Rutherford.

“Some 35 of the 60 library volunteers attended the reception where the mayor thanked them for their work, which over the past year has amounted to 1,745 hours’ volunteering, or 72 days, with each person giving on average 29 hours of their time.

“The volunteers support a wide range of activities. For example, 20 volunteers work with individuals and small groups providing IT support to develop and improve people’s digital skills,” said a council spokeswoman.

“Another 33 volunteers help children who use the libraries’ homework clubs. Last summer 18 volunteers helped more than 500 children complete the Summer Reading Challenge of reading six books during the school holidays.”

Praising the volunteers for their commitment and work, the mayor said: “The support you provide for libraries and archives staff is very clear. Your volunteering makes it possible for council staff to deliver additional services, events and activities and all of this makes our libraries such great places to visit and use. Thank you all for your work – I hope that it will inspire others to consider volunteering at their local library.”

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Capital gears up to host finale of Women’s Tour cycle race

BY GEOFF BAKER
geoff@londonweeklynews.co.uk

SADIQ Khan and Olympic gold medalist Katie Archibald have announced that London will host the final stage of the Women’s Tour cycle race for the first time, on Sunday June 11.

“The Women’s Tour is the UK’s biggest professional cycle race for women. It is part of the UCI Women’s World Tour. It will be staged in aid of Breast Cancer Care.”

“The final stage of the five-day event will be held in London and will use the same iconic circuit as last year’s Tour of Britain, which proved hugely popular with thousands of spectators and competitors alike,” said mayor of London Mr Khan’s spokesperson.

“The race will see some of the best riders in the world compete 14 laps of the 6km iconic circuit, starting and finishing on Regent Street and taking in Piccadilly Circus, Trafalgar Square, the Strand and Whitehall.”

Ms Archibald, who won gold in the team pursuit at the Rio Olympics, will be riding for Team WNT, one of the 17 world-class teams taking part in the event.

“The Women’s Tour will begin in Northamptonshire on Wednesday June 7 with subsequent stages visiting Warwickshire, Stoke-on-Trent and Chesterfield in Derbyshire, before the London finale.

“As well as the professional race there will be a day of cycling celebration to encourage more women and families to ride,” said the spokesman.

“Before the race, a parade of female cyclists from community groups will demonstrate the diversity of cyclists in London, along with representatives of British Cycling’s HSBC UK Breeze programme.

“A festival site will host an array of cycling activity, with opportunities to get involved and learn about cycling in London.”

“Visitors will be able to find out more about Santander Cycles and Transport for London’s Cycling Workplaces scheme, and free cycle skills sessions will be available for adults and children.”

“Breast Cancer Care, also joins the proceedings as official charity partner of The Women’s Tour. This specialist support charity has 1,000 places for women to cycle their Pink Ribbon Tour, completing 25km of the circuit whilst raising money for women facing breast cancer.”

“The event completes a weekend celebrating cycling in London, including the Central London Criterium London Nocturne on the Saturday night.”

Mr Khan said: “I’m really excited that the most prestigious women’s cycling race in the world is coming to the streets of Central London for the first time.

“Londoners will be able to see their Olympic heroes and the world’s top riders competing up close, reviving the excitement we all felt during the Olympics.”

“The race shows our continuing commitment to London hosting the very best sporting events in world.

“One of my key priorities is making cycling safer and easier for Londoners of all backgrounds, and I hope that having the Women’s Tour here will inspire thousands more Londoners to take up cycling as part of their everyday lives.”

Ms Archibald, said: “The race being hosted by London is a fantastic opportunity for women’s cycling and shows how far the sport has grown over the past couple of years.

“I’m excited but also nervous about the opportunity to ride the Women’s Tour since it’s one of the most competitive stage races on the women’s UCI calendar. Riding for Team WNT I hope to make an impact on the road scene after a change of focus from an enjoyable track season in 2016.”

Fran Graham, campaigns co-ordinator at London Cycling Campaign, said: “It’s wonderful to welcome the Women’s Tour to London and to see the fantastic energy and enthusiasm it’s generating. London Cycling Campaign is working to translate this excitement into making it easier and safer for more women to take the healthy, less polluting option of cycling for their everyday, local journeys.”

To register for the Pink Ribbon Tour, visit breastcancercare.org.uk/pinkribbon tour.

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Changing guard at Buckingham new meaning in the build-up to

T

he YmC: changing guard at Buckingham Palace. Or they shortly will be, if the American secret service “takes charge” of the largest security operation that the Queen has experienced in the whole of her reign.

London has never before seen anything like the security which is now being planned for President Trump’s state visit to stay at the palace as the guest of the Queen.

Thousands of police, special forces, security agencies and the military will be involved in safeguarding the President and Her Majesty as the capital is reinforced and prepared against the risk of an attack which would give Islamist terrorists their greatest publicity “triumph” since the outrage of 9/11.

And a tussle is expected at the top over just who will control it, the commissioner of the Met or the President’s own bodyguard. Traditionally, the Met is in charge of all security operations in London but it is anticipated that such is the unprecedented risk of the President’s visit that the Americans will want a say if not the final word on how to run the operation.

Throughout the visit, heavily armed officers from the Met’s Specialist Crime and Operations Specialist Firearms Command and Counter Terrorist Specialist Firearms Officers will be out in force; on the streets, in the air and taking charge of controlling the Thames.

It is anticipated that the SAS unit which was transferred in 2015 to the outskirts of London to be the counter-terror unit was moved from its base in Hereford, which is 134 miles from London. Although that currently puts them just minutes away from any incident as they are on stand-by to be flown in by MH-6 “Little Bird” helicopters, minutes will be reckoned to be too long and they are expected to be deployed in a secret central location instead.

Their colleagues in the SBS are expected to also be deployed in superb fast special forces’ boats mounted with two high-calibre machineguns to provide back-up for the SAS Marine Unit, which operates a number of Delta 100TX rigid inflatable boats, capable of reaching 40kn, armed to the teeth with CTFSOs.

The Queen’s Guard, the infantry and cavalry contingents charged with protecting the royal residence will also be placed on full alert and with rifles armed not only with fixed bayonets but with magazines of live ammunition.

In addition, specialists from the military top-secret Human Intelligence unit, known simply as HumInt, will send in extra unarméd male and female soldiers into Central London as spotters, monitoring the movements, mobiles and email of known Islamists and working alongside the crack and highly secretive Special Reconnaissance Regiment and backed up with second-by-second information on suspects supplied by the forces of GCHQ.

And for the duration of the President’s visit, all leave is expected to be cancelled at MI5, MI6, the National Domestic Extremism and Disorder Intelligence Unit, the National Crime Agency, the National Ballistics Intelligence Service, Defence Intelligence, the Joint Intelligence Organisation and the new National Cyber Security Centre.

A no-fly zone is predicted to be ordered over Central London throughout the visit, affecting all civil and private aircraft, including drones, and enforced by RAP fighters.

But that’s just the British side of the massive security operation. With their highly controversial President making a high-profile visit which is much-opposed in many quarters, American security services will be out in force – and armed – in London like never before.

Besides seeing the deployment of a large contingent of the US secret service who will provide close-hand protection of the President at every moment, the visit is also expected to see the deployment of “The Beast”, the presidential state car codenamed “Stagecoach” by agents.

The unique Cadillac, which cost more than £1 million, is an armoured car without rival.

According to reports, it features six-inch doors, with no keyholes; the way to open the passenger doors on the limousine is known only to the secret service.

It has nine-inch bulletproof glass and only the driver’s window opens. It also has run-flat tyres, and an interior which is 100 per cent designed to protect the President in the event of a chemical attack.

It also boasts rocket-propelled grenades, night vision optics, a tear-gas cannon, onboard oxygen tanks, an armoured fuel tank filled with foam to prevent explosion, pump-action shotguns and two pint’s of blood in the president’s blood type.

It can also fire “multi-spectrum infrared smoke grenades” as a counter-measure to a rocket-propelled grenade attack or anti-tank missiles. On driving to and from the palace it will be additionally protected by a security motorcade involving up to 45 secret service vehicles, each crammed with heavily armed agents, and flanked by armed motorcyclists providing by the Met.

In addition, American snipers will be on hand, with their own anti-tank missiles. O n driving to and from the palace the president’s blood type.

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It can also fire “multi-spectrum infrared smoke grenades” as a counter-measure to a rocket-propelled grenade attack or anti-tank missiles. On driving to and from the palace it is likely to involve the CIA, FBI, the Intelligence and Security Command, the Defense Intelligence Agency, the Office of Intelligence and Counterintelligence, the Office of Intelligence and Analysis, the Bureau of Intelligence and Research, the Office of Terrorism, the National Geospatial Intelligence Agency, the National Reconnaissance Office and the National Security Agency.

The visit is a big, big deal and will involve not only inch-by-inch planning of every aspect of every route that the President will take, including which streets are to be closed to traffic and which buildings will have CTFSO snipers on the roof, but it will also involve background checks and “heavy vetting” of every person, from peers to palace staff, who will be at any event and which the President is present.

Anyone attending the state banquet that Her Majesty is to throw in honour of the President should expect to have both the UK and US secret services poring over their emails and texts and their entire life history before they are cleared to be in the same room as him.

It is also expected that the US secret service will press to have its own armed agents inside Buckingham Palace at all times, to bolster the security traditionally provided by the officers of the Met’s SO14 Royalty Protection Group.

Although so many agencies working together may cause clashes over who is ultimately in charge of security for the trip, the Americans can point to a number of embarrassing incidents at palace in their case to be thoroughly involved.

Royal security has been much tightened since the days when Michael Fagan shimmed up a drainpipe to sit on Her Majesty’s bed and ask for cigarettes. But only last year a convicted murderer scaled the walls of...
Palace takes on Trump’s visit

Buckingham Palace and on a separate occasion a Chinese student armed with a knife was arrested after a struggle in the Palace courtyard – and both events are unlikely to inspire the Americans with complete confidence.

However, although the palace can be made completely secure a greater nightmare for the security services will be if the President decides to go out and about.

Despite the pompous unilateralism of Commons Speaker John Bercow’s announcement that the President will not be permitted to address both Houses of Parliament, pressure is growing for the “Bercow obstacle” to be removed and, if President Trump wishes, his address will go ahead – meaning that every MP, peer and member of the parliamentary staff will also have to be “deep vetted” by both nations’ secret services, together with all journalists covering it. It is also most likely that, whatever the Bercow brigade does or doesn’t want, armed agents will be deployed inside the chambers.

A bigger worry for security experts is talk of a possible ride by the President in a state coach. Although both the Diamond Jubilee State Coach and the Gold State Coach would both provide all of the pomp and pageantry required for the occasion, neither of the timber-built carriages is bullet or bomb proof and given this weakness it is likely that the security services will argue for the usual coachmen to be replaced with armed agents or the highly-adaptable SAS.

Although fears of an attack on the President in London were recently sensationalised in the movie London Has Fallen, which depicted a mass assault ordered by a Pakistani terror lord, the fiction is not entirely without foundation.

In his recent report for London mayor Sadiq Khan on the state of the capital’s security, Lord Toby Harris highlighted the possibility of such a multi-terrorist attack.

“A marauding terrorist firearms attack is currently considered to be the most significant terrorist threat affecting the UK and other western countries. It was the main method used by terrorists in Mumbai in 2008, in Nairobi in 2013, in Paris in 2015 and in Orlando in 2016,” wrote Lord Harris.

“Because attacks of this nature can be carried out by a small number of attackers – sometimes an individual – there is the possibility for multiple attacks to be carried out simultaneously. Such tactics would stretch emergency service resources, and contribute to the confusion and panic created. If such an attack did occur, multiple casualties would be inevitable.”

“The diversity of these attacks, and the introduction of new methods by terrorists, means that we need to be prepared not only for those types of attacks we have seen before, but also for attacks the nature of which we cannot yet know.

“It is thought that around 850 UK extremists have travelled from the UK to Syria and Iraq to join the so-called Islamic State. Of these, around half are estimated to have returned, and may have received combat and terrorist training and may additionally be motivated by their experiences and what they have witnessed whilst away. These individuals represent a real threat and present particular challenges to the intelligence agencies and the police in keeping track of them.”

Although it is likely that, ahead of the President’s visit, the Met will repeat the strategy it employed before the Notting Hill Carnival and round up and hold all “known persons of interest”, it is the unknown ones who represent the greatest fears in the security services. And with UK seizures of smuggled automatic weapons now at a record high, clearly the state visit will involve much for many to be worried about.

Geoff Baker

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ONE of Central London’s smallest detached homes has been put on the market for the first time in almost 50 years.

The pint-sized pad has just 290 sq ft of floor space and is in need of a full renovation.

But despite the size and condition, the “little gem” is in the middle of Chelsea so has an asking price of £600,000.

Walk through the front door of the home on Britten Street and you’re straight into the reception room, with a doorway leading to the kitchen and shower room.

Of the Britten Street property, selling agents Douglas & Gordon say: “A proper Chelsea gem. Available to the market for the first time in almost 50 years, this is an utterly charming one-bedroom cottage quietly situated on one of Chelsea’s prettiest streets, overlooking St Luke’s Gardens. Internally, this freehold house is in need of complete re-modernisation and offers an incoming buyer a terrific opportunity to refit it to their own taste and style whether it be as a lovely house or as a private office.

“Britten Street runs between Sydney Street and Astell Street.”
Market traders demand protection from anti-fur protesters

BY GEOFF BAKER
geoff@londonweeklynews.co.uk

TRADERS at Portobello Market are calling for protection against anti-fur campaigners who have vowed to stage protests until stalls stop selling fur and animal skins.

The stallholders fear that the demonstrations by dozens of shouting animal-rights campaigners with megaphones will have “a devastating effect” on all trade at the market as “terrified” shoppers stay away from Portobello.

Non-fur stallholders say the Saturday protests are already starting to damage trade and are putting off people from visiting the world-famous market.

The traders who sell vintage fur coats and clothing want Kensington and Chelsea council, which manages the market, to investigate whether legal action can be taken against the protesters for “harassment”.

Although police have arrested at least one of the animal activists, fears are rising at the market because the protesters have warned: “We now plan to keep protesting until the fur traders cease to exist. We want to send a clear message that people don’t want fur in their streets. It is not acceptable, nor fashionable, it is purely cruelty.

“At the protest we hand out leaflets, talk to the public and make a lot of noise with chanting and megaphones and we play footage to people to show them how the fur is taken from these animals.

“We find the visual with the education tends to work well.

“We do not target any one stall. We are there to give a voice to the voiceless and to incite change as quickly and effectively as possible. We have held three protests so far and this weekend we will be protesting at Portobello again. The general public are rather supportive of our cause.

“Two weeks ago another activist was arrested. He was re-released nine hours later without charge. But we will be there regardless, taking a stand against animal abuse.”

This weekend the protesters are planning to be out in force and will be asking shoppers to sign a petition calling on the council to ban the sale of fur from the market. One of the fur traders, Hilary Proctor, said the stallholders want the council to step in to protect them.

She said: “We want the council’s market manager, Nick Kasic, to look into whether legal action can be taken against these protesters for harassment.

“We should not be letting this happen. Licensed stallholders are being harassed and bullied and we should be protected.

“Everyone is united in this protest – there are so many people being targeted. People are terrified with all of this shouting going on.

“I’ve had 40 of them circled in an arc around my stall, shouting through megaphones. It’s a disgrace.

“This stops anyone being able to continue with our business; we only have a limited period to sell, between 8am and 4pm, and these protesters are disrupting 50 per cent of it.”

Ms Proctor, who has had a stall at the market since 1972, added: “We have been told by the police not to communicate with these people.

“We can’t let it go on and on, that would be extremely bad publicity for the whole of Portobello Road and that could have a devastating effect on the business of all of the traders.

Another stallholder, who does not sell fur, said: “The stated target of these protests are traders selling virtually any type of new or vintage fur.

“However, there is an undercurrent of a vegan agenda and I hear that some other traders – such as a cheese stall – have also been targeted.

“Trade has already been difficult for some time now and I’m told these regular protests are further putting off people.

“A spokesman for the council said: “All goods on sale in Portobello Market can be legally sold in any market or high street and the market has a long tradition of selling vintage clothing.

“The council does not have a policy on fur, nor does it intend to adopt one. We look to Parliament to decide what can and cannot be sold legally in the UK.

“People are entitled to protest lawfully. Stallholders are also entitled to carry out their lawful business. The police are monitoring the situation.”

Police chiefs slam shadow home secretary over spit-hood comments

MET Police chiefs have hit out at shadow home secretary Diane Abbott for opposing the introduction of spit hoods – revealing that more than 100 officers needed hospital treatment after been spat at last year.

Metropolitan Police Federation chairman Ken Marsh challenged the MP to meet councilors who have suffered spitting assault after she stated on social media that there is no evidence that spit hoods are necessary or useful.

“Spitting at someone is a vile assault and the police are the protectors of the officers about the realities of being spat at on duty,” said Mr Marsh.

“I am beyond saddened by these comments from an experienced London MP. I wonder if she would like to talk to my colleagues and their families to get some idea of what they have to go through.

“Some 802 Met officers have been spat at by the public in the last year, with 100 requiring hospital treatment – and 42 police officers were spat at during the Notting Hill Carnival alone with four needing to go to hospital.

“Just this past week, a Met officer was spat at in the mouth and eye by a suspect. He is now anxiously awaiting test results.

“Shadow home secretary, we must protect the protectors. The Met Police Federation want all police officers to be issued with spit guards. We must be clear that the only time this protection would be used would be when someone has threatened to spit or has spat at one of my colleagues.

“At that point I am only interested in the protection of my Metropolitan Police colleagues – no police officer goes to work expecting to be assaulted and abused. And being spat at is vile.

“If you don’t want to be placed in a spit guard, don’t spit at a police officer.”

Spit guards are currently being trialled in Met custody suites in five areas.

Four health trusts to give evidence at antiques expert’s two-week inquest

FOUR health trusts and the Met Police will give evidence at the inquest into the death of an Antiques Roadshow expert who died after being restrained while suffering severe post-natal depression.

Sotheby’s jewellery expert Alice Gibson-Watt died in hospital after a bout of post-partum psychosis in 2012 – five weeks after giving birth to her first daughter Chiara Charlotte.

A post mortem revealed the 34-year-old died of a brain injury as result of a cardiac arrest and suffered a ruptured liver.

A jury inquest was arranged for this coming April. But last week a pre-inquest review heard the inquiry could be delayed after senior coroner Chinnyre Inyama was suspended in October last year.

His suspension came after some families were waiting more than a year to have their inquest heard.

In February last year he was found guilty of misconduct after he lost a 30-page police file relating to the death of teenager Alice Gross in November 2014.

Mrs Gibson-Watt’s inquest will now be heard by assistant coroner Sarah Ormonde-Walshe.

The inquest will hear evidence from Chelsea and Westminster University Hospital Trust, West London Mental Health Trust, Central North West London Hospital Trust and the London Ambulance Service NHS Trust about their contact with Mrs Gibson-Watt before she died.

At the hearing last week, the coroner said: “I am having very challenging times still here.

“At the moment I am without a coroner’s officer for this case but I have been told that I will have one see very soon.”

It was revealed that some documents had not been sent to all the interested parties because of dismount paper.

The coroner said: “We have had a number of changes.

“Files may have been sent to an email that no-one else can access. And that’s the reason for starting again with some of these issues.”

She added later: “I don’t have the coroner’s officer who was dealing with this case to help me but I am in contact with the person babysitting the case.”

The full inquest at West London Coroner’s Court will decide whether poorly administered CPR caused the liver damage and whether that killed her.

Mrs Gibson-Watt, believed to be a relative of the Duke of Buccleuch, suffered an episode at home and was taken to West Middlesex University Hospital, Isleworth.

She was taken by the London Ambulance Service and was physically restrained by paramedics.

Mrs Gibson-Watt was transferred to a specialist mental-health unit, Lakeside, in Isleworth, and suffered a cardiac arrest.

She was then moved to King’s College Hospital, Camberwell, where she died on November 20, 2012.

Three members of her family, including widower Anthony Gibson-Watt, attended the hearing.

Postpartum psychosis causes a severe and sustained bout of mental illness and affects one in 1,000 mums.

In the UK more than 1,400 women are treated for the symptoms, including paranoia and hallucinations, each year.

The full inquest, which is set to last two weeks, is due to start on April 11, and the coroner said she was optimistic all the parties would be there.

However, a back-up date of May 15 was set in case there are any delays to the start of the inquest.

A further pre-inquest hearing was arranged for the afternoon of March 9.
Met is ‘dipping into very willing to carry guns

THE chief of the Met has called for more police to volunteer to carry guns - warning that “we’re now dipping in a very shallow pool of willing officers”.

In a landmark retirement speech, Met Commissioner Sir Bernard Hogan-Howe outlined the need for more armed cops in the capital and hinted that his successor should consider allowing more officers to carry Tasers.

Delivering a “state of the Met” address at the Royal United Services Institute for Defence and Security Studies, Sir Bernard gave a strong defence of the need to arm officers and their use of lethal force.

Reflecting on his time as Britain’s top cop, he said: “You’d think from what you read and hear that our relationship with the public is not great. In fact, Londoners are more confident in the Met than when I joined in 1979.

“I got my values from my upbringing in Sheffield. I didn’t like those who preyed on people on the estate where I lived with my mother. I always wanted to take on the bullies, people who used their position of strength to intimidate physically or psychologically. I still do.

“And if you go and ask the public today, as we are doing, they’ll tell you they want the police, above all else, to protect them. That means, I believe, that police have a particular responsibility to protect weak and vulnerable people who are less able to protect themselves.

“Correspondingly, we have a duty to ensure that we investigate without fear or favour if allegations are made against those in powerful positions. We must not be deflected by their status.

“That will lead to tension, at times, between police and those in positions of power and responsibility, such as the media and politicians. I think that’s a healthy sign of a democracy where no-one’s above the law. When the public see police being criticised by those in power, I hope they reflect upon that.

“Henceforward, when people call into question our motives for carrying out an investigation, our duties are set out very clearly in the oath of attestation police officers take when they become a constable. This is how it starts: ‘I will well and truly serve the Queen in the office of constable, with fairness, integrity, diligence and impartiality, upholding fundamental human rights and acknowledging equal respect to all people, and that I will, to the best of my power, cause the peace to be kept and preserved and prevent all offences against people and property.’

“I firmly believe the vast majority of the women and men I have had the privilege to lead, exhibit these values day in, day out.

“Where we do let people down, I honestly believe it’s usually a mistake rather than malevolence. And to be absolutely clear, if we do see a sign of anything approaching corruption, we act.

“That’s why we had to investigate the evidence that police officers and other public officials were being paid to hand over confidential information to journalists. We cannot afford to have our security systems compromised.

“We also encouraged whistle-blowers to call our confidential Rightline to report concerns. I personally made the met commissionership to ensure that what’s reported, to assure myself that our people are confident they get to do their jobs.

“It’s just one of the reasons why the Met’s anti-corruption capability is recognised as one of the best in the world.

“So the public are right to trust the police. Right to trust the officers I’ve had the privilege to lead the public to enjoy that event despite the fears caused by the attack in Berlin, and earlier in Nice.

“Right to trust the detectives in our sexual offending team - who sit down and listen to horrendous accounts of abuse, take it seriously and get on and investigate.

“Somewhere in the year 2000, with police and support our colleagues in the frontline, I also decided to take a personal role in making sure it happened as fast as possible.

“So every few weeks since then, I’ve met officers from our firearms team to check on progress and do everything possible to clear obstacles out of the way.

“Some of those obstacles are practical, training the officers, getting enough kit, getting the right kit. Some though are harder to deal with. In particular, officers have seen what happens to their colleagues who have had to use lethal force to protect the public.

“Increasingly, they seem to be portrayed as suspects, based, I can only assume, on an underestimating belief that they must have acted in a criminal fashion if someone has died.

“As their leader, I am hugely concerned by this. I know these officers. They do not come to work wanting to shoot someone. They certainly don’t want to kill anyone. Apart from anything else, they now know it’s probably going to put their career in firearms on hold whilst there’s an investigation. That can take years, which is too long.

“This is a dangerous place to be - in two ways. Firstly, it’s getting in the way of recruiting to these critical roles.

“Whilst we are well on track to fill the additional 600 roles, we simply don’t have enough people now wanting to do these jobs. The failure rate in training is high. It should be, so the public can be assured that only our best officers are allowed to carry a gun.

“So we always need more people volunteering than we have jobs, and we’re now dipping in a very shallow pool of willing officers.

“Secondly, we can’t afford to have officers think twice because they fear the consequences of shooting someone. That’s how they get shot, or the public gets hurt, or a criminal gets away with a gun.

“Make no mistake, the last thing we want to do is to force a vehicle to stop because it’s got an armed criminal inside. It’s dangerous for us, it’s dangerous for the public and it’s dangerous for the criminal too. But sometimes we have no choice.

“Shootings are rare in the UK and rare in London. This city has got safer. It averaged over 150 murders a year in the six years before I became Commissioner. That has fallen to an average of 110.

“But 12 people were still shot dead by criminals in London in 2016. That’s 12 deaths too many and we are concerned that we’re seeing more guns which is why we’ve put more officers into tackling this. In fact, we recovered 697 firearms last year. We have to have highly trained firearms officers to counter the threat from armed criminals and terrorists.

“Those officers carried out more than 3,300 deployments involving firearms in 2016 but they did not fire a single shot at a suspect. It’s an urban myth that officers are trigger-happy. They’re not. In fact, in one of the most notable cases last year, the fatal stabbing in Russell Square, the young man who was responsible, after he suffered a severe episode of mental health, is alive today because our officers have no choice.

“In my view, and as I’ve warned in recent weeks, there are more people now in the Met who are concerned about this but I think the public should be reassured that our police are well trained and cautious in their use of force. We do need to strike the right balance but I strongly believe that when people look at what we do, there should be less suspicion and more trust.

“This may all sound a remote risk to those who think any police shooting is unjustified. Well, you probably don’t live in the communities affected. It’s not your family member who was shot, or is in fear of their life. That’s who we are trying to protect, and I really want the public to get behind our officers, show their support for them, and ensure they get treated fairly after a shooting.

“That’s what I called for publicly after the Paris attack at the Bataclan theatre, and I was pleased when David Cameron said he would commission a review of the legal position of firearms officers. I know they are looking forward keenly to the outcome.

“I think that RUSI is the right place to highlight again the position of police officers, especially after such public debate has been critical about the way our soldiers have been investigated. This audience understands the security threats better than anyone. You’ve seen the use of lorries in Berlin and Nice, and you can be assured that we have refreshed our tactics for dealing with this kind of incident. We must always include the use of lethal force as a last resort.

“We’ve seen how a heavy lorry becomes an incredibly powerful weapon when a terrorist is at the wheel. We have to be ready to stop that threat.

“Our officers will put their lives on the line when it matters. The Prime Minister once called them unsung heroes just before Christmas. I agree. Our firearms officers are part of that defensive shield for Londoners and they are very much unsung heroes. I’m grateful too that the mayor acknowledged this when we stood side by side in August to announce that armed policing would be more visible in the capital.

“He chose to use his first opportunity as mayor to meet firearms officers and said then how reassuring it was to see our brave, dedicated and incredibly skilled armed response officers in action and he went on to thank every Met officer who has volunteered to put themselves on the frontline of protecting Londoners.

“I’d like to see politicians and the public follow his lead and be ready to support these officers, on the difficult days not just when it’s uncontroversial.

“I hope that they’ll support my successor as they continue to make the case for the financial support required to police this great and growing city, the engine of our country’s economy. We know there are tough times ahead - and as I’ve warned in recent weeks, there are some warning lights flashing.

“Traditional crimes are rising, including gun and knife crime, though the Met’s Total Policing strategy has kept down this increase in the capital by deploying extra officers into the worst-affected areas.

“The range of things we’re asked to do as police is stretching us as online crime increases and terrorism evolves.

“And our partners in local authorities are under severe financial pressure with things like CCTV and youth services being scaled back.
The next Commissioner will have to deal with all of this in a growing city with fewer officers.

“I know it’s hard to put a price on public safety but at a time of significant terrorist activity across Europe’s capitals and major cities, it’s vital that London continues to be seen as a safe capital to live in, work and visit. It’s part of what makes this city so attractive to people of talent and enterprise from around the world and titles a key reason why international businesses want to come here.”

“Of course, keeping the capital safe brings with it some additional costs, such as policing staff and resources. We have to protect London. I’m sure the government recognises the economic value of a safe capital and won’t put my successor into the position of having to choose between this and keeping our neighbourhoods safe.”

“The threat from armed criminality and terrorism has been clear to the public from recent international events.

“But I’ve made plain over the past couple of years that the threats to public safety are numerous and varied.

“They include an increased reporting of sexual and domestic abuse, and child sexual abuse; including historic abuse; a rise in domestic violence; an ongoing battle against knife crime; and then there’s the frontier of digital or cyber crime, which includes online hate crime as well as fraud, predatory criminology, data theft and hacking.

“Then there’s providing the resources to put more resources into all of these areas. But the reality, as I have spelt out in recent weeks, is that we face real financial difficulties, is inheriting an organisation in good shape to deal with the future.”

“I’ll finish by talking about our vision for being an effective and efficient police organisation and transforming the Met into the best digital police service.

“It’s a well-developed vision which brings to life one of the biggest and most ambitious change programmes in the country. And it’s why I believe my successor, although they will face real financial difficulties, is inheriting an organisation in good shape to deal with the future.”

“The frontline police officer is at the centre of our vision. Our aim is simple. It’s to make them as effective as possible at keeping the public safe, being the best frontline fighter they can possibly be, and earning the trust and confidence of every community in London.

“There are four ways in which we’ll achieve that. Firstly, providing real-time crime information to officers via smart mobile devices like tablets that will improve their situational awareness and their ability to understand and manage risks to the public.

“Secondly, transforming the way the public can get help from police through digital channels, in a relationship based on transparency and accountability.

“Thirdly, professional support for our officers, whether that’s the quality of data they receive to do their job, or the ability to work smarter but not fewer buildings.

“And finally, and most importantly in my view, a focus on investing in and trusting our people. It’s their values and professionalism that keep London safe.”

“Let me develop those areas for you. Firstly, how we are equipping our officers in the frontline.

“At the core of policing is the need to understand and manage risk. Our ability to do that hinges on the quality of information our officers have and their ability to access it. We need to analyse it in a timely fashion to anticipate threats and respond accordingly. If you’re an officer on night duty calling in to a control room and want information quickly to help you make the right judgements.

“We already have lots of information coming to our control rooms from different channels. Live CCTV feeds, data from automatic recognition of number plates which helps us track suspects and criminals, social media and other historic intelligence within policing systems and, critically, the information we get from the public calling us to report crime and tell us what they’ve seen.

“Receiving and analysing this information in real time is gold dust for commanders and senior officers and it’s pushed hard to equip our officers with secure smart devices – tablets, phones, laptops which will begin in earnest this summer.

“These tools will come the ability to provide officers with the live-stream videos we can see in the control room, up-to-the-minute images of suspects or incidents they are about to encounter, real-time data from ANPR – automatic number-plate recognition – and the other intelligence feeds we have. This multi-channel capability offers huge potential to improve our ability to understand situational risks and to use data quickly to make the correct judgement to protect vulnerable people.

“Secondly, we are enabling the people who need our help to contact us via a range of digital and social channels, which are faster and easier to use. People want to have this choice but for those who want to go through the phone directly, we are also investing in more dedicated neighbourhood officers and more welcoming police stations.

“I’m excited by the potential of digital policing. We’ve already used social media to major advertisements that are interactive, enabling people to catch criminals and we’re about to go live with a new website that will allow the public shortly to report far more crime online in a way that will be easier for them to do.

“We’re moving on to allow the public to upload evidence of us a crime, like videos or photos.

“We’re planning to introduce that this year, allowing our officers to make much more use of digital evidence to detect, investigate and catch offenders, without the public having to wait a few days for an officer to deliver a non-transparent evidence-based decision-making.

“Building a digital relationship with the public will also allow us to deliver customised crime-prevention information to protect their privacy and their own safety.

“Our new website will contain localised crime information for every one of London’s 33 police stations. It will also allow them to contact you proactively by postcode to alert you to threats. It’s the virtual equivalent of what we call cocooning – knowing people’s doors in the vicinity of a burglary to let them know so they don’t become the next victim.

“From all the research we’ve done that the majority of the public want to help the police. We haven’t always been very good at telling or enabling them to do so. The more they can help us prevent crime or investigate at speed, the more we can focus on sending our officers to protect the most vulnerable people.

“Our role in this contract with the public is based on transparency and accountability. Where we’ve got it wrong, I’ve always been willing to apologise, sometimes for mistakes from decades ago.

“And I’ve not shied away from our difficulties, ensuring they get properly looked at so we can get better. That’s why at various times, I’ve asked outside experts to look at how we deliver our enforcement. I mean that if you want information quickly to help you make the right judgements.

“I am proud to say the Met now has more officers equipped with body-worn videos than any other police force in the world, 7,200. And in a matter of months, that will rise to 22,000. They let courts see what happened in an incident and the evidence captured means our officers are even bigger fans than the public.

“They, as I have always done, that our duties include being held to account and that’s why I welcome the role that modern technology can play in ensuring this is done fairly.

“I won’t dwell on the third part of our vision – professional support for our officers – but I do believe it’s as important as working with our people and the role they play in our vision of the future.

“Police officers have been much maligned in recent years. I’ve done my bit at every opportunity to praise and celebrate their commitment, their passion and, with you today, their values.

“I’ve also been challenging. I’ve championed direct entry outside policing into the Met and now as detectives. I’ve supported Police Now, a scheme which originated in the Met to offer graduates a faster route into frontline policing as neighbourhood officers.

“Tied time and money in developing our leaders – at all levels – for the challenges of the future. I’ve indicated that I think we need fewer ranks to narrow the gap between the top and bottom of the organisation to improve communication and decision-making.

“I’ve done this because I trust our leaders and because I know the future demands more and more of us. If you just think about the opportunities that real-time information provides for many more autonomous decision-making and a need to move away from the old supervision model. The future will offer more freedom to officers but also better and faster data that will support our evidence-based decision-making and reduce the reliance on individual instincts.

“I’ve finished already and I’m the conclusion will continue it.

“For me, my time as Commissioner and as a police officer has been a rest and freedom for ways to stay ahead of criminals and improve the professionalism of policing.

“Our people are the most important part of this vision, and my successor is very lucky

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“For me, my time as Commissioner and as a police officer has been a rest and freedom for ways to stay ahead of criminals and improve the professionalism of policing.

“Our people are the most important part of this vision, and my successor is very lucky to be inheriting the finest collection of officers and staff they will ever lead.

“London is a remarkable place and I have been proud to lead the women and men of the Met in service as we strive to fulfil our ambition to make this the safest global city. They are an extraordinarily diverse bunch. We have some of the finest from every country in the European Union serving in our ranks and between us we speak nearly all the 300 languages that you find in London’s communities, including Yorkshire.

“I am pleased we have increased by a third the number of officers from minorities in my time as Commissioner. I can assure any Londoner from whatever background or ethnicity that they will feel welcome in the Met, just as London itself is a welcoming city. It welcomed me, as a young man from Sheffield, and it’s always welcomed people from all over the world. The values the Met adopted under my leadership – courage, compassion, professionalism, integrity – are the reason why I’m so proud of the work we do to make this the safest global city.

“Courage – frontline police officers running towards trouble when others run away.

“Compassion – caring for victims and protecting the most vulnerable people.

“Professionalism – recognising and developing the skills and expertise our officers and staff need to do the job.

“And integrity – the ethics and values that build trust in our police and make London safe for all our communities.”
S
She was named one of the defining artists of the last decade and declared among the world’s most influential people in the eyes of both Time and Esquire magazines.

But now M.I.A. is set to tackle a fresh creative challenge as she takes over the reins of London’s Meltdown Festival this year.

Curating the Southbank Centre’s annual music extravaganza will be no daunting exercise for the London-born rapper, though. Perhaps more than any other musician over the last 15 years, M.I.A. – real name Mathangi ‘Maya’ Arulpragasam – has been a true champion of the culture clash that Meltdown celebrates.

And the 41-year-old says she is keen to put musical diversity at the heart of her project.

“Genres that support genres, redefining the concept of a melting pot.”

Taking the helm at Meltdown is no small feat. Over the last 25 years the week-long celebration of the capital’s musical mix has been headed up by a host of genuine legends, from the likes of Patti Smith, David Bowie and Ray Davies to Yoko Ono, David Byrne and Morrissey among others.

But M.I.A., no stranger to the headlines, is a bona fide superstar in her own right these days. Nominated for an Academy award, two Grammys and a Mercury Prize, the rapper’s accolade-laden music career spans 13 years and five albums – all the while defying stylistic genres, with influences ranging from nu rave and dancehall to hip-hop and world music. Chart heavyweights Christina Aguilera, Madonna and Nicki Minaj are among her list of collaborators, while she has also worked with rap megastars Kanye West, Jay-Z and Lil Wayne.

One of pop music’s true social strippers, M.I.A.’s unique brand of RnB has always been fully charged with sharp comment on her life and times. Her 2007 Top 20 hit “Paper Planes” questioned immigrant stereotypes and was featured on the soundtrack to Danny Boyle’s film Slumdog Millionaire.

And her alter music videos for “Bad Girls” and “Born Free” were both critically acclaimed and politically polarising.

Some of the world’s biggest stars have been falling over themselves simply to be seen with Maya.

This machine-gun approach, however, has come at a price. She was infamously rapped by the NFL after flipping her middle finger during a half-time performance at the 2012 Super Bowl.

And she came under heavy fire from French football club Paris Saint-Germain for sporting a replica shirt in the video for her 2015 single Borders having cheekily tweaked the name of the sponsor Fly Emirates to Fly Pirates.

Many fans would agree that an occasional dip in the hot water is a small price to pay for an artist so determined to push boundaries with her music. Her latest record, AIM, her fifth full-length album, delights in further ruffling feathers.

It incorporates her vintage brand of downbeat electronica flavoured with world music rhythms and a defiantly western pop sensibility.

As well as her music, M.I.A. is also a director, visual artist, photographer, fashion designer, model and activist.

She spearheaded a clothes recycling project with high-street brand H&M and her first public exhibition of art was nominated for an Alternative Turner Prize.

Love her or hate her, it seems M.I.A. has become an essential addition to our national cultural palette.

“Respect the history, don’t live in it,” she proudly proclaims ahead of this year’s Meltdown.

“I plan to bring together music’s best forward-thinking thinkers who have contributed to all our lives. When music acts as inspiration, it’s boundary-less.”

M.I.A. is curating this year’s Meltdown Festival at the Southbank Centre, between June 9 and 18. A full line-up will be announced in the coming months.
Capital nights

The greatest thing about popular music is that it is colour blind. Black or white, it has never mattered to the music and there are few great white bands around who would not say, hand on heart, that their greatest influence has been black musicians.

Elvis wouldn’t have even got off the starting block in his rise to become The King had it not been for the influence of the blues all around him in his youth. The Beatles would not have become anything close to fab had it not been for Chuck Berry, Arthur Alexander, Barrett Strong and Motown.

The Stones would never even have started without the blues and in their time – up to and including their latest album Blue & Lonesome – they have bent over every which way to honour the genius of the black musicians who shaped their sound.

As Keith Richards, champion of the blues and reggae, said of the impact that originally-black music first had on him: “I didn’t think in terms of black or white then. You didn’t know whether Chuck Berry was black or white – it was not a concern. It was just what came in the ears and, my, what it did to you.”

Paul McCartney laid out the concept in Ebony & Ivory that black and white make harmony. And although he has been criticised at times for the simplicity of the massive hit, he has explained that he deliberately wrote it to be a massive hit – as you can if you’re Macca – because of the importance of the song’s key message.

So it is somewhat dismaying that now, following in the footsteps of the Oscars, everything is being dragged into a racism row which true musicians would not recognise.

Solange slammed the Grammy Awards on Twitter last week over what she sees as a lack of diversity among the Album of the Year winners. The singer argued that of the hundreds of black artists to put out music in recent years, only a few have taken home the top award.

Meanwhile CNN made it worse with a report headlined “Is racism why Adele beat Beyonce at the Grammys?”

The report continued to note that Beyoncé’s Lemonade did not win album of the year and added: “But with its racial themes and imagery, some are questioning if the project was ‘just too black’ for Grammy voters.”

CNN continued: “Kevin Powell, author of the memoir The Education of Kevin Powell and a forthcoming biography on rapper Tupac Shakur, thinks so.

“He told CNN Beyoncé’s Lemonade made a lot of people uncomfortable, because it is so political, so spiritual, so unapologetically black, and so brutally honest about love, self-love, trust, betrayal.”

CNN went on: “Powell, who has written about music and race for various publications, including Vibe magazine, said ‘We are still a nation that does not want to deal so directly with truth. Adele’s album is strong but it is just songs about love. It is safe and uncontroversial; it breaks no new ground. And neither do Grammy voters, generally speaking, when it comes to picking winners of this particular award.’”

It would be hideous and against everything that any great musician stands for if, aided and abetted by the Einsteins of Twitter, this racism jibe degenerates into making music an issue of colour. As Richards says, you don’t hear in colour and, even if you did, what on Earth sort of difference should that make to right-thinking people?

Black artists have won many Grammys; Quincey Jones has 27, Stevie Wonder 25, Beyoncé 22, Jay Z and Kayne West 21.

Michael Jackson carried off 19 and Aretha Franklin has 18 to her name so far and will doubtless win a bunch more when she releases her “last” album before retirement this year.

But that does not mean that the Grammys’ “race problem”, as The New York Times put it, is not, as it also put it, “pernicious”.

However, we should resist confusing apples and oranges; there is often a chasm of difference between great music and music that wins awards. Just because anything wins album of the year, it doesn’t mean that it actually is; awards and art are not necessarily the same thing.

Without black and white musicians working together, influencing each other, there would have been no music of any great note these past 60 years and organisers of Wednesday’s Brit Awards hope that, and not agitation, will be the underlying message of the show.

If Beyonce not Christine And The Queens win the Best International Artist Brit, or if Bowie and not Craig David takes the British Male Solo award, it should not matter; what matters is that great music that Robert Johnson first taught everyone to play continues to be made.

Having said that, there are many of us who would like to see the Brits recognise the Playing For Change movement: their multi-racial, varied-culture, all-colour sound represents all that music at best stands for.
Oily fish ‘can reverse damage done by a diet of junk food’

**Wine & dine**

**Oily fish ‘can reverse damage done by a diet of junk food’**

Just two portions of oily fish a week can reverse the damage caused by a junk-food diet, suggests new research. The study shows eating fish such as mackerel, salmon and pilchards twice a week can clear up serious problems caused to the body’s immune system by obesity.

And supplemented milk could soon reverse changes caused to the immune system by overeating even more dramatically.

It has long been known that obesity can wreck havoc on the immune system, leading to potentially life-threatening conditions such as type 2 diabetes, coronary heart disease, infection, cancer, and stroke. The effects are similar to those caused by ageing.

Obesity can prevent people producing enough antibodies, the proteins which attack bacteria and viruses when the body comes under threat.

And as one in four adults in Britain are obese, experts are desperate to find a way to reduce the health risks caused by being overweight.

Researchers decided to test two potential food supplements to see if they could reverse these changes.

Omega-3 fatty acids, such as those found in oily fish and seaweed, were tested alongside 2-hydroxyoleic acid, a synthetic substance derived from oleic acid.

During the study, 32 mice were fed diets to ensure they became obese.

The researchers then identified signs of oxidative stress and certain properties of cells indicated ageing of the immune system.

The team then split the mice into groups. The mice received food supplemented either with 2-hydroxyoleic acid or omega-3 fatty acids.

N-3 PUFAs was used as the omega-3 supplement and 2-OH-OA was used as the 2-hydroxyoleic acid.

After eight weeks, the researchers studied the spleens of the mice and found both supplements reduced the affects caused by obesity on the immune system.

While the omega-3-fed mice improved, those fed 2-OH-OA saw a greater improvement.

**Study author Dr Fatima Perez de Heredia**

Dr Perez de Heredia, of Liverpool John Moores University, said: “The acid 2-hydroxyoleic acid is a synthetic derivative of oleic acid.

“While 2-hydroxyoleic acid cannot be found in any foods at the moment, it could be that food manufacturers could be used to enrich foods like milk in the future.

“Both long-chain and short-chain omega-3 have benefits. Foods containing longer-chain omega-3 include seaweed like algae and oily fish like sardines.”

While Dr Perez de Heredia said that although everyone reacts differently to changes in diet, the Mediterranean diet is a good place to start.

She said: “Definitely the Mediterranean diet, that is two portions of fish, one being oily, a week is a good place to start.

“It is not clear whether you could still receive the benefits of these supplements if you are still overweight. This could be the case for some people – but for others, they may have to lose the weight to get these benefits.

“This is the first study, at least to our knowledge, to suggest the efficacy of 2-hydroxyoleic acid for reversing obesity-associated immune alterations and improving oxidative stress.

“Our findings support a link between obesity and immunosenescence and suggest a potential therapeutic tool for obesity-related immune dysfunction.”

The findings were published in the journal Experimental Physiology.

**RECIPE OF THE WEEK**

**Deer curry**

**Serves 4-6**

**For the roast curry powder**

- 2 tspn of ground cumin, black or yellow mustard seeds, 6 juniper berries, 4 cloves
- 1 tbsp black or yellow mustard seeds
- 4 cloves
- 6 juniper berries
- 2 tspn of ground cumin

**For the curry**

- 200g shoulder or single muscle of deer meat, cut into rough 3cm dice
- 2 medium red onions, peeled, halved and finely chopped
- 5 medium cloves of garlic, peeled and crushed
- 2 black cardamom pods
- 30-40g root ginger, scraped and finely grated
- A good pinch of saffron
- 2-3 tbsp curry leaves
- 50g ghee
- 3 tbsp roasted curry powder (see above)
- 1 tbsp tomato puree
- 1ltr lamb or beef stock
- 4 dried red chillies
- 5-6 tbsp chopped coriander

Grind the juniper berries and all the spices, except the ground cumin, cinnamon and coriander, in a grinder or with a mortar and pestle. Now mix with the shop-bought, pre-ground spices and sprinkle into a heavy-bottomed frying pan.

Cook the mixture on a medium heat, stirring constantly and not letting them burn, until they turn dark brown. Transfer to a plate and leave to cool, then store in a sealed jar.

**For the curry**

- 200g shoulder or single muscle of deer meat, cut into rough 3cm dice
- 2 medium red onions, peeled, halved and finely chopped
- 5 medium cloves of garlic, peeled and crushed
- 2 black cardamom pods
- 30-40g root ginger, scraped and finely grated
- A good pinch of saffron
- 2-3 tbsp curry leaves
- 50g ghee
- 3 tbsp roasted curry powder (see above)
- 1 tbsp tomato puree
- 1ltr lamb or beef stock
- 4 dried red chillies
- 5-6 tbsp chopped coriander

Season the meat, heat a heavy frying pan and brown the meat on all sides. Meanwhile, make the sauce: gently cook the onion, garlic, ginger, saffron, curry leaves, fenugreek and black cardamom in the ghee for 3-4 minutes, until soft. Add the curry powder and tomato puree and stir well. Add the stock, deer meat and dried chillies, bring to the boil and simmer gently for about an hour or until the meat is tender. Now stir in the coriander and serve.

**MARK HIX MBE’S RECIPE OF THE WEEK**

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- 4 dried red chillies
- 5-6 tbsp chopped coriander

Season the meat, heat a heavy frying pan and brown the meat on all sides. Meanwhile, make the sauce: gently cook the onion, garlic, ginger, saffron, curry leaves, fenugreek and black cardamom in the ghee for 3-4 minutes, until soft. Add the curry powder and tomato puree and stir well. Add the stock, deer meat and dried chillies, bring to the boil and simmer gently for about an hour or until the meat is tender. Now stir in the coriander and serve.

**SALES of an obscure grilling cookbook have skyrocketed after it was chosen to be taken on a desert island – by David Beckham.**

The football star included cookbook *Mallmann On Fire*, by Francis Mallmann, as one of his picks on the BBC Radio 4 show *Desert Island Discs* this month.

Mallmann, labelled an expert on cooking with fire, explores open-fire cooking in remote locations.

Becks said: “One of my passions, *On Fire* by Francis Mallmann. It teaches you to cook anywhere – so if I was stuck on an island, I could rustle up something.”

And now sales have shot through the roof. The book sold out on Amazon, and other retailers were scrambling to restock – pushing it into the top 0.1 per cent of sales on the massive bookseller.

The book is currently 1300th on the Amazon bestseller list – out of 1.5 million books.

Rob Richardson, spokesman for UK distributor Melia Publishing Services, said: “After the broadcast, we were contacted by Amazon to say that they had experienced high demand for the book, and we immediately went out of stock within a couple of days.

“Luckily, by chance – as we had obviously had no idea that this was going to happen – we had a reprint on its way to us, so the book will be back in stock soon. We expect to see a continued surge in sales due to the Beckham boost as we are calling it.”

*Mallmann On Fire* is a sequel to the Argentinian chef’s 2013 book *Seven Fires*, which claims to maximise flavour with wood-fired cooking.

Amazon reviewers praised the book, calling it a must-have for food lovers.


“Nice recipes and the whole look and feel transport you to the beautiful outdoors, just like Mallmann intended.”

Jason Kavanagh said: “Great book, it’s just as much about Francis as it is about the food. Makes you want to go to middle of nowhere, build a fire and cook.”

But not all readers were so enamoured with the ‘ego-driven lifestyle book’.

**‘Beckham boost’ for sales of obscure cookbook**

**MARK HIX MBE’S RECIPE OF THE WEEK**

**Deer curry**

**Serves 4-6**

**For the roast curry powder**

- 2 tspn of ground cumin
- 2 tspn of ground cumin
- 6 juniper berries
- 4 cloves
- 4 cloves
- 6 juniper berries
- 2 tspn of ground cumin

Grind the juniper berries and all the spices, except the ground cumin, cinnamon and coriander, in a grinder or with a mortar and pestle. Now mix with the shop-bought, pre-ground spices and sprinkle into a heavy-bottomed frying pan.

Cook the mixture on a medium heat, stirring constantly and not letting them burn, until they turn dark brown. Transfer to a plate and leave to cool, then store in a sealed jar.

**For the curry**

- 200g shoulder or single muscle of deer meat, cut into rough 3cm dice
- 2 medium red onions, peeled, halved and finely chopped
- 5 medium cloves of garlic, peeled and crushed
- 2 black cardamom pods
- 30-40g root ginger, scraped and finely grated
- A good pinch of saffron
- 2-3 tbsp curry leaves
- 50g ghee
- 3 tbsp roasted curry powder (see above)
- 1 tbsp tomato puree
- 1ltr lamb or beef stock
- 4 dried red chillies
- 5-6 tbsp chopped coriander

Season the meat, heat a heavy frying pan and brown the meat on all sides. Meanwhile, make the sauce: gently cook the onion, garlic, ginger, saffron, curry leaves, fenugreek and black cardamom in the ghee for 3-4 minutes, until soft. Add the curry powder and tomato puree and stir well. Add the stock, deer meat and dried chillies, bring to the boil and simmer gently for about an hour or until the meat is tender. Now stir in the coriander and serve.
Hammersmith is gearing up for a fantastic four days when the Young Lyric presents Evolution, a multi-art form festival next month. Evolution showcases artists aged 16 to 25, celebrating the ground-breaking and exciting work being produced by young people in the capital.

Over four days, more than 100 artists will be presenting a programme of fresh, striking and original theatre, film and music exploring the theme of identity across a variety of performances, discussions and events.

Sean Holmes, Artistic Director of Lyric Hammersmith, said: “We are thrilled to welcome the return of Evolution after its debut last year. This festival will mark the beginning of many of these young people’s journey as professional artists. Championing emerging artists, improving access to the arts and supporting vulnerable young people is core to our vision at the Lyric and we look forward to hosting this festival once again.”

A whole host of events will be presented at the west London venue, including the third Fresh Faced Film Festival, curated by TBAFilms in association with the Lyric Hammersmith and the BFI.

Cian Binchy returns with the multi-award winning The Misfit Analysis as part of a national tour and eight young Muslim women create a new performance exploring what it is to be a young Muslim in West London in Is There Hair Under There.

Elsewhere at the festival, a group of young actors hoping to shed light on the reality of living in a homeless hostel are performing a play based on the experiences of a former Centrepoint resident. Passin’ Thru, a partly-improvised play set in a hostel, is also being performed as part of the Evolution event.

The play follows the story of a homeless 19-year-old moving into a young hostel, similar to those run by youth homelessness charity Centrepoint.

It was written by playwright Finton Dineen – a friend of former Centrepoint resident and journalist Poppy Noor.

The two worked together to create a series of scenarios based on Poppy’s own experiences of being homeless as a teenager.

The cast – some of whom have also been homeless – then improvised and built on these scenarios, drawing on their own experiences.

Mr Dineen said: “During the improvisation sessions a lot of themes coming up were about challenges facing homeless people. Since some of the young people themselves are from homeless backgrounds, it was only natural that the play would be set in a hostel.”

The piece is directed by Rich Weinman, a freelance director.

Evolution festival will run at the Lyric Hammersmith from March 15 to 18.

You can visit the website for more details www.lyric.co.uk
Thriller Live has just celebrated its eighth year in the West End making it the longest running show in the Lyric Theatre’s 125 year history. The show, which features the music of the pop superstar Michael Jackson has been seen by over 3 million people and continues to thrill audiences at the Lyric Theatre, writes Nicky Sweetland.

Charting Michael Jackson’s 45-year musical history, Thriller Live is filled with hit songs from the pop legend’s astonishingly successful career including Smooth Criminal, Bad, Black or White and Man in the Mirror.

Thrusting the audience back in 2009 and after playing a different role for a few years, settled into the part of Human Nature was so beautiful and so soft. The lyrics of Man in the Mirror are very controversial but at the same time powerful and there was a big meaning behind it. “He was good at making pop hits but having a big message behind them, which is why he was such a unique artist.”

I asked Haydon if he has tried to change his voice in order to make himself sound like Michael Jackson. “I think when you’re singing Michael Jackson songs it forces you to have his mannerisms and his vocal. He was very percussive so it’s hard not to sound like him when singing his songs.”

Haydon Eshun joined Thriller Live back in 2009 and after playing a different role for a few years, settled into the part of the show he now performs, which enables him to sing some of the pop icon’s most famous songs. Haydon admits that the smash hits Human Nature and Man in the Mirror are his favourite to present. “The way he sang in the theatre’s most outstanding leading performers; the wickedly talented Emma Hatton, fresh from playing Elphaba in the West End production of Wicked and embarking on his first UK tour having played the title role in Disney’s production of

Evita prepares to thrill audiences at the New Wimbledon Theatre

FOLLOWING its smash hit run at London’s Dominion Theatre, Bill Kenwright’s production of Tim Rice and Andrew Lloyd Webber’s Evita is set to thrill audiences once again across the UK and will take up residence at the New Wimbledon Theatre later this month.

Telling the story of Eva Peron, wife of former Argentine dictator Juan Peron, Evita follows Eva’s journey from humble beginnings through to extraordinary wealth, power and iconic status which ultimately lead her to be heralded as the ‘spiritual leader of the nation’ by the Argentine people.

Starring two of musical theatre’s most outstanding

Evita will be at the New Wimbledon Theatre from February 21 to 25. Visit the website for more details: www.atgtickets.com/shows/evita-2017/new-wimbledon-theatre/
Basing its analysis on cheap housing prices, the influence of traditional prime property investment in London is ignored. The most recent Emerging Trends in Real Estate report released by PWC and the Urban Land Institute, which is calling for yield compression in the UK capital, predicts quite negative investment prospects for London. However, this report by basing its analysis on cheap housing prices ignores the astonishing growth that Prime Central London (PCL) housing has been experiencing year-on-year. The common consensus is that house prices have flattened out across the United Kingdom over most of 2015 and now into 2016. Nevertheless, a string of recent UK house price indices, such as the latest one produced by Nationwide, have proven that this is a mere misconception.

What has in fact slowed down is only the acceleration of the percentage increase in house prices — when a vehicle slows its speed down from 70mph to 30mph it’s still moving forward, although the driver may feel a dip in adrenaline. This softening growth is no reason to panic because on a month-on-month basis we are still seeing prices continue to rise. It is unlikely that this is to change anytime soon, which means that the market remains healthy and will keep price surges brisk.

Moreover, higher rates of stamp duty may boost the market, as people rush to complete transactions before the changes come into force in April this year. Undoubtedly, levels of expectation among sellers, and the estate agents who are controlling these property sales have changed, which is arguably an adjustment for the better. In a bull property market, expectations always intensify and vendors can become greedy. However, the deceleration of house prices has produced more realistic asking prices on the open market.

When the market was at its peak between 2012-2014, the gap between ‘asking prices’ and ‘sold prices’ was at its largest. In some areas of prime London, sellers experienced a staggering 50% difference between what they asked for and what the property actually sold for. So, people asking for £1.5m sold the property at an achieved price of £1m. There should be no doubt that this represented an unhealthy state of affairs, which is quite rightly being corrected in today’s bear market.

The fringe regions of the capital will form the main driver of price growth in 2016

Good news emerges from the fringe regions of the capital, as they are becoming the main driver of price growth in 2016. Price differentials between London and the commuter zone have been widening significantly in the past 10 years. Locations such as Oxford, Reading, Guildford, Winchester, Maidstone, Chelmsford and Cambridge have held up well amongst the variety of commuter belt cities in the South East of England.

Growth in these regions show no signs of slowing down as Cross Rail and HS2 will only further add to their popularity among City workers looking for cheaper housing alternatives. In these inexpensive areas, which are less affected by economic and political changes, the new stamp duty rates will be significantly lower than those required in inner London, so it’s likely that they will continue to blossom and maintain their growth. For example, a four bedroom family house in Chelsea is worth circa £9,000,000 and the stamp duty is £633,750 — well over 10% of the purchase price. In comparison, the same size house in Guildford is worth closer to £1 million with a considerably lower stamp duty of £43,750, which is just over 4% of the purchase price. We can expect that the tax change may impact buyers in London who will find the London commuter zone to be an extremely attractive option for purchasing a property.

With demand outpacing supply, prices will still rise

All of the above will certainly impact the London property market with knock-on effects that may cause buyers, sellers and lenders to act cautiously.

However, the bottom-line remains that the demand for property in the capital continues to outpace supply. The substantial imbalance between supply and demand is set to persist and will maintain upward pressure on house prices in 2016. This demand is sure to be amplified by London’s booming population with the city’s projected population set to surpass 10 million by 2030 thanks to a flourishing economy, a rising birth rate and a falling death rate.

Contemporary forecasts that call for the fall of London’s property market miss the fact that property investment has been and continues to be a long-term project. Ultimately, these factors illustrate just how resilient and robust the residential property market is in London and the greater South East area. And this is undoubtedly reassuring news to the ears of unnerved investors.

FOLLOWING an onslaught of news reporting that London is no longer in the top 10 cities in Europe for property investment and that the number of first-time house buyers in Britain is falling, a long shadow has been cast on London’s status as an international property hotspot.

Investors’ fears over a property market bubble on the verge of bursting have been exacerbated by the looming stamp duty deadline in April. However, Tal Orly, CEO of Cogress, the open equity investment platform for property, making investment accessible and transparent, takes a decidedly different stance, and shares his top reasons why investors can be sure that London will continue to be a property investment hotspot that offers the best ROI.

... and the greater South East area. And this is undoubtedly, reassuring news to the ears of unnerved investors.
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Collectors Items

Private Eye Magazine binders perfect condition, holds full year subscription (26 issues) collect only, cost £10.00 my price £5, two available - phone calls only 07900 280756

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Table with glossy black singer sewing machine base, pristine condition, painted, primed, painted, choose solid wood top (1180cm x 900cm x 127.5cm or 137cm x 97.5cm x 47.5cm) £49.99 - phone calls only 07900 280756

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PUBLIC NOTICE

LONDON BOROUGH OF HAMMERSMITH & Fulham

REMOVAL OF AREA'S COVERED BY THE LONDON BOROUGH OF HAMMERSMITH & Fulham DESIGNATION OF AN AREA FOR SELECTIVE LICENSING 2016

NOTICE IS HEREBY GIVEN in accordance with Section 84(4) Housing Act 2004 (Notification Requirements Relating to Designation) that the London Borough of Hammersmith & Fulham ("the Council") acting as local housing authority in exercise of its powers under Section 80 of the Housing Act 2004 has on 9 February 2017 revoked parts of the London Borough of Hammersmith and Fulham Designation of an Area for Selective Licensing 2016 ("the Designation Order").

A SUMMARY OF THE REASONS FOR THE REVOCATION ARE

The Council following a review of the Designation Order, has removed from the Designation Order those areas shown in Annex A, at the request of the owners of the properties affected.

INSPECTION OF DOCUMENTS/APPLICATION FOR LICENCE

If you wish to inspect the revised Designation Order, or would like further information regarding the Designation Order or application for licence then you can do so by contacting:

Private Housing, Environmental Health
London Borough of Hammersmith & Fulham
Town Hall, King Street
Hammersmith
London W6 9SU
www.lbhf.gov.uk/imposingprivatelicencing

Further information:
Tel:020 8753 1221

THE REVISED DESIGNATION ORDER

The Designation Order as revised on 9 February 2017 comes into force immediately as a result of an error and which has been corrected on review.

ANNEX A

Astrid Mews
Meldon Close
Astro Terrace
Molesford Road
Augusta Road
Peterborough Mews
Barb Mews
Papio Mews
Blavet Lane
Ravenscourt Avenue
Bishop's Avenue
Ravenscourt Park
Bloomfontein Way
Ricketts Street
Bramble Gardens
Shorthands
Britannia Road
South Black Lion Lane
Brookhouse Lane
St John's Close
Cactus Walk
Station Approach

Casidy Road
Sullivan Road
Cavendish Street
Telephone Place
Charleston Avenue
Wallflower Street
Commonwealth Avenue
Watermeadow Lane
Down Place
Elysium Place
Fane Street
Farm Lane
Gorleston Street
Grimston Road
Gwyn Close
Harewood Terrace
Hazelwood Mews
Harrow Mews
Hillview Close
Empire Road
Langford Road
Seymour Street
Mandela Close

Dated this 21st day of February 2017

Mufu Durwojou
Network Impact Management Team Manager, Road Space Management - Operations, Transport for London

Palastra, 197 Blackfriars Road, London, SE1 8NJ

MAYOR OF LONDON

Transport for London Notice

ROAD TRAFFIC REGULATION ACT 1984

THE A3211 GLA ROAD (VICTORIA EMBANKMENT, CITY OF WESTMINSTER) (TEMPORARY PROHIBITION OF STOPPING) ORDER 2017

1. Transport for London hereby gives notice that it intends to make the above named Traffic Order under section 14(1), (5) and (15)(2) of the Road Traffic Regulation Act 1984 and is satisfied that these works will last in excess of 18 months for the purpose specified in paragraph 2. The effect of the Order is summarised in paragraph 3.

2. The purpose of the Order is to facilitate Thames Tideway Victoria works to take place on the A3211 Victoria Embankment for a distance of 26 metres in a north eastern direction.

3. The effect of the Order will be to prohibit any vehicle:

   (1) from stopping in the loading and unloading only bay on A3211 Victoria Embankment east side 25 metres south of Northumberland Avenue;

   (2) apart from solo motorcycle from stopping on the A3211 Victoria Embankment from 3 metres north-east of a point opposite the extended north eastern building line of Hungerford House, Victoria Embankment for a distance of 26 metres in a north eastern direction.

The Order will be effective from 12:01 AM on the 14th March 2017 until whenever the works have been completed. The prohibition will apply only during such times and to such extent as shall from time to time be indicated by traffic signs.

4. The prohibitions will not apply in respect of:

   (1) any vehicle being used for the purposes of those works or for fire brigade, ambulance or police purposes;

   (2) anything done with the permission or at the direction of a police constable in uniform or a person authorised by Transport for London.

5. The Order will be revoked upon completion of each phase of these works.

Dated 21st February 2017

Mufu Durowoju
Network Impact Management Team Manager, Road Space Management - Operations, Transport for London

Palastra, 197 Blackfriars Road, London, SE1 8NJ

MAYOR OF LONDON
Local Planning Applications London Borough of Hammersmith & Fulham

PLANNING (LISTED BUILDINGS AND CONSERVATION AREAS) ACT 1990

1. I give notice that applications have been made to the Council of the London Borough of Hammersmith & Fulham as follows: FOR DEVELOPMENT WHICH MAY AFFECT THE CHARACTER OR APPEARANCE OF A CONSERVATION AREA

26 Binendon Road London W6 0BA 2017/00394/FUL
Erection of an additional floor at roof level in connection with the creation of a one bedroom self-contained flat; formation of a roof terrace at third floor level

3. An alternative route for traffic in article 2 would be not required.

5. The Order will come into operation on the 28th February 2017 and will be valid for a maximum period of 18 months or until works are completed, whichever is the sooner.

6. Works are expected to commence on Tuesday 28th February 2017 and last for 6 days. The improvement works to take place in a section of the above named road.

Nicholas Ruxton-Boyle
Chief Transport Planner
Transport and Highways
**Transport for London Notice**

**ROAD TRAFFIC REGULATION ACT 1984**
THE GLA ROADS (CITY OF LONDON) (BUS PRIORITY) CONSOLIDATION ORDER 2009 A10 GLA ROAD (BISHOPS GATE) VARIATION ORDER 2017

1. Transport for London, hereby gives notice that it intends to make the above named Order under section 6 of the Road Traffic Regulation Act 1984.

2. The general nature and effect of the Order will be to extend the existing southbound bus lane on the A10 Bishopsgate from a point 27 metres south of a point opposite the southern flank wall of No1 Norton Folgate to a point 5 metres south of the party wall of nos. 152 and 154 Bishopsgate.

3. The road which will be affected by the Order is A10 Bishopsgate in the City of London.

4. A copy of the Order, a statement of Transport for London’s reasons for the proposals, a map indicating the location and effect of the Order and copies of any Order revoked, suspended or varied by the Order can be inspected during normal office hours at the offices of:

   - Transport for London
   - Streets Traffic Order Team
   - RSM/PI/STOT
   - Palestra, 197 Blackfriars Road
   - London, SE1 8NJ

5. All objections and other representations to the proposed Order must be made in writing and must specify the grounds on which they are made. Objections and representations must be sent to Transport for London, Streets Traffic Order Team, Palestra, 197 Blackfriars Road, London, SE1 8NJ quoting reference RSM/PI/STOT/TRO, GLA/2017/0043, to arrive before 1st December 2017. Objections and other representations may be communicated to other persons who may be affected.

Dated this 1st day of February 2017

Mufu Durowoju
Network Impact Management Team Manager
Road Space Management - Operations, Transport for London
Palestra, 197 Blackfriars Road, London, SE1 8NJ

**LONDON BOROUGH OF HAMMERSMITH AND FULHAM ROAD TRAFFIC REGULATION ACT 1984 SECTION 14(1) (SHEPHERDS BUS ROAD) TEMPORARY PROHIBITION OF TRAFFIC**

1. The Council of the London Borough of Hammersmith and Fulham hereby gives notice that in order to facilitate National Grid Gas Main works to be carried out in the above named road, it made an Order the effect of which temporarily suspends the northbound bus lane in a section of the above named road.

2. Whilst works are in progress, or whilst the authorised traffic signs are displayed, the northbound bus lane on Shepherds Bush Road, between Nos. 210 and 232 Shepherds Bush Road, shall be suspended.

3. An alternative route for traffic in article 2 would not be required.

4. Exemptions would be provided in the Order to permit reasonable access to premises, so far as it is practical without interference with the execution of the said work and for works vehicles, any vehicle being used in connection with police, fire or ambulance purposes and anything done with the permission or at the direction of a police constable in uniform.

5. The Order will come into operation on the 17th February 2017 and will be valid for a maximum period of 18 months or until works are completed, whichever is the sooner.

6. Works are expected to commence on Friday 17th February 2017 and last for 4 days. The dates specified are for guidance and informative purposes only and works may extend outside these dates.

Dated this 9th day of February 2017

Nicholas Ruxton-Boyle
Chief Transport Planner
Transport and Highways

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**IN NEXT WEEK’S LWN . . .**

**MARK LAZARUS EXCLUSIVE**

TO commemorate the 50th anniversary of QPR’s historic League Cup triumph, we’ll have the first segment of our exclusive, new, two-part interview with Rangers’ 1967 Wembley match-winning legend Mark Lawrenson who reveals a candid insight into what went on at the club during that golden era.

“Everyone knows what we all trying to do. I think it’s crystal clear. “You can’t always guarantee a goal, but you can guarantee that we’re going to have a right run around – no matter what.”

Rangers’ comfortable victory at Birmingham was their sixth away from Loftus Road this season and they will be hoping it triggers a spell of much better results at St Andrew’s. They have won only four of 16 league games.

They get a much better chance of improving that poor record than tonight, when third-bottom Wigan Athletic host for the FA Cup, which will be amazing.”

It’s also an opportunity for Holloway’s boys to complete their Championship double of the season.

They left the DW Stadium last August as 1-0 winners thanks to Nedum Onuoha’s volley.

On Saturday Rangers go back to Loftus Road for a trip to 10th-placed Preston. NATIONAL League side Desborough Town are hosting a rather small one with four of six in attendance.

Smith did not figure in the plans of Whites’ coach Slavisa Jokanovic – who signed Chris McKay on loan from Derby County rather than promote the former Bristol City striker from the bench.

But the Blues’ under-23s went down 4-3 to their Manchester City counterparts 13-0 on Saturday morning.

Chelsea lose this competition, we’re finished in the FA Cup.

“We have to rest and be ready for what is important right now, which is fighting for the top six, and the next cup game is us Wednesday night.

“We can’t surrender now after one defeat at home by the Bluebirds on Saturday.

“Last Tuesday’s home victory over Nottingham Forest lifted the West Londoners to eighth in the table, nine points adrift of sixth-placed Sheffield Wednesday but with a game in hand over the South Yorkshire club.

They should fancy their chances against a Bristol side in 21st place and battling to stay out of the relegation dogfight since winning 4-0 at Wigan Athletic last September.

Goals by Tom Cairney, Lucas Akins and unforgivable Jack Hobbs in his own net proved enough to earn the Whites maximum points against the East Midlands and a second consec utive 3-2 home win, although Jokanovic was typically far from satisfied.

Jokanovic admitted: “We didn’t play a brilliant game but at the end, after a very soft start to the game where we had some problems, we overcame this situation to win. ‘These last two games at home we concentrated on goals. Both teams put us in stressful situations without pushing us in the box to def ene, we didn’t make mistakes and it’s not easy for us.

‘I have to be happy with the way the boys go, when they pushed and took the risk and sent on many strikers. We were solid and strong enough to stop the game.”

“We changed tactics after 20 minutes, because it was very clear our plan developed; it didn’t work at the beginning. We weren’t good enough.

‘With this change we found some benefits. It’s true, we’ve played some brilliant games recently, but we have more points than we have right now. But this is football and at the end I cannot compla in.”

Just as he had in the previous home game against Wigan, whose netted the winner in the match, Neeskens Kebeano came off the bench to have a match-winning impact.

The defensive moment against Forest was accepted as an own goal to Hobbs, it was thanks to Ke bano’s shot that the ball got deflected into the back of the net at the Hammersmith.

“The last two games he’s been an important impact player,” Jokanovic said. “He’s brought us (an extra) four points.

“It’s important that on the back of the Africa Cup, he is working hard and fighting for a place in the team.

‘He’s been with us half a year and I believe in the future he can be an important player for us.”

After taking on Bristol City at Ashton Gate tomorrow, Fulham head down the M4 again on Wednesday evening as they travel to revitalised Cardiff, who have won seven of their last 10 in the Championship. They travel to under former QPR boss Neil Warnock.

Fulham will happily settle for a repeat of their 2-1 FA Cup third-round victory against the Bluebirds in South Wales back in January.

Tony McDonald
Terry proves his worth
Skipper leads Blues to FA Cup tie with Mourinho's men

By Paul Lagan

ANTONIO Conte will be hammering into his players this week the importance of getting three points against Wolverhampton Wanderers. After the non-Leaguers as an example of the difficulty of the competition.

"The boys defended superbly, especially in the second half, and got the game on a step by step basis. We have to think about ourselves, to go step by step. We need to have a strong team and put in a strong performance.

Asmir Begovic proved again what a strong No 2 he is in the FA Cup victory at Wolves. Picture: Rob Newell

"I want to be very clear, because everyone deserves to play and I am pleased to give them the opportunity. But not because of sentiment. The right way is to give every player what they deserve.

"John deserved to play in this game, he played very well and I am happy for him. He is my captain and important off and on the pitch. And I repeat, it is helping me a lot and I am very pleased to have him in my squad, and also to know this type of person.

"On the other hand, Ruben Loftus-Cheek and Michy Batshuayi, who started the last round against Brentford, were dropped on to the subs' bench at Molineux. Conte's explanation is revealing and expresses the pressure from the board to deliver success first ahead of player development.

"Against Wolves it was important to continue to play with Costa, Willian and Hazard, and not forget – our target is to win, not to try to make all the players happy. "It's important to have all the right choices because, for Diego, it was very important to play, to score. The same for Hazard and Willian. I repeat it's important to find the best solution."

"So there you have it, win at all costs – the chances of either Loftus-Cheek or Batshuayi starting against United in the next round are zilch.

"As for the thorny question of Terry's future, Conte has been well briefed and given the same line pack. What Terry makes of it remains to be seen.

"I like to reply this question of John but also all the players," he said. "For us it's very important to be focused on the present. "Now we stay in a good position, top of the table, in the quarter-final of the FA Cup. The most important thing now is the present, to work and build a good future. Then, for sure, we'll see the situation of every player. We try to make the best decision for every player."

"Conte admits he would like to see Terry lift the FA Cup in May. He said: "Yes, I'll sign for this now. But it won't be easy. Now there are eight strong teams with great surprises. But we have to think about ourselves, to go step by step. This week we start to think about the league, when we play against Swansea, and, for sure, it will be a tough game but it's important to win."

"Goalkeeper Asmir Begovic kept a clean sheet in the FA Cup victory at Wolves. The Bosnian failed to leave the Bridge for AFC Bournemouth in the January window – because Blues refused to sign a replacement."

"But the 29-year-old keeper, standing in for regular first-choice Thibaut Courtois, is a professional, very pragmatic and gets on with his job with style and humility.

"Of the win at Molineux, the ex-Stoke City No 1 said: "Job done is the best way to sum it up. The first half was very difficult, we expected them to come out of the gate very strong. They had the crowd behind them and the atmosphere was very strong. It was difficult for us to get hold of and control the game. We did that more in the second half, we were able to create more chances and get two important goals.""

"On the quality of Chelsea's team at Wolverhampton, he said: "We treat this competition very seriously, we aim to win it. "What Wolves had done in the previous rounds played a part (in Chelsea's team selection). They're a good side and it's a very good club. It was important for us to play a strong team and put in a performance."

"The boys defended superbly, especially the three at the back – Kurt Zouma, JT and Nathan Ake. They helped out a lot, they stayed together and covered each other. We had to deal with a lot of crosses and high balls into the box. As the game went on we tried to stop the crosses coming in, that helped out as well, but the three boys in front of me did really well."

"Has Terry still got what it takes to perform at the highest level? "Yes, absolutely. He's obviously a quality defender, one of the best ever in the history of the Premier League. He's got talent, he's got ability, he's always good to play with and is reliable. He is there for us to use. We have great competition for places, especially in that defensive area. Whenever he's called upon, we are very confident."

"It's important for the players who don't play regularly to show their quality and what you can bring to the team when called upon. We try to do that. The team is doing really well, so it's very difficult to change it on a weekly basis, but some of us were given an opportunity at Wolves and it was nice to show what we can do.""

"Will this be Terry's last year with Chelsea? Begovic said: 'You wouldn’t know. He trains every day, he’s as fit as a fiddle and you don’t get the sense that he is coming to an end. What he has in his mind and what he is planning to do is something only he can answer. I can see him continuing to play and while he is playing like this, I don’t see why he should quit. But if he collects two trophies (this season), maybe that’s a great way to go out. Who knows?"

"But what about Begovic’s future? "It’s no problem. I’ve been around the block, so have experience. I was looking for a good club and was pleased to leave Chelsea. The same in the FA Cup and a good one as well."

"I am sure Conte will continue to hammer into his players this week the importance of getting three points against Wolves. We treat them as an example of the difficulty of the competition."

"What disappointed many Fulham fans still dreaming of FA Cup glory was the first time in the club’s 145-year existence that is their side bowed out of the competition with barely a whimper. They were out-muscled and out-thought and failed to lay a glove on their Premier League opponents, who three days earlier had been embarrassed by the eighth-best team in Belgium amid a relatively lean run.

"Tottenham boss Mauricio Pochettino paid the FA Cup the same respect by naming a strong starting line-up. In return, Fulham paid them far too much respect and looked intimidated by the visitors. From the outset of this one-sided tie, there was absolutely no chance of Fulham’s emulating their 4-0 victory over Spurs when the teams last met in the FA Cup six years ago.

"Central-defenders Tim Ream and Kevin McDonald looked out of the picture for places, especially in that defensive area. Whenever he’s called upon, we are very confident."

"It’s important for the players who don’t play regularly to show their quality and what you can bring to the team when called upon. We try to do that. The team is doing really well, so it’s very difficult to change it on a weekly basis. "But some of us were given an opportunity at Wolves and it was nice to show what we can do."

"Will this be Terry’s last year with Chelsea? Begovic said: ‘You wouldn’t know. He trains every day, he’s as fit as a fiddle and don’t get the sense that he is,”

Want to read more about Terry? Turn to Page 27